

PE Key Vocabulary and Terminology EYFS to Upper Key Stage 2

Key Vocabulary: EYFS

Dance:	Gymnastics:	Games:	Athletics:	Healthy lifestyles and Safety:
Move Freeze In time Still Jump Turn Skip Hop Rhythm Beat Faster Slower High Low Forwards Sideways Backwards	Jump, Bounce Balance, Travel, Roll Take off Land Space, Straight, Curved, Zig zag Turn Forwards, Backwards Sideways, Low, high Quick, slow Curled, stretched Wide, narrow Direction, Pointed, stretched Rock, roll Names of apparatus, e.g. mats, bench,	Names of equipment, e.g. ball, bean bag, bat, hoop. Throw Catch Kick Hit Aim	Run Jump Faster slower	Healthy Fit Exercise Stop Space Safely Names of body parts e.g. arms, legs.

Key Vocabulary: Key Stage 1

Dance:	Gymnastics:	Games:	Athletics:	Healthy lifestyles and Safety:
Sequence Movement Timing Travel Stillness Gesture Jump Turn Rhythm Beat Speed Level Direction	Travel, Jump Balance, Roll Space Pathway, Straight, Curved, Zig zag Twist, Spin, Turn Forwards, Backwards Sideways, Diagonally Low, medium, high Curled, stretched Wide, narrow Pattern, Sequence Direction, Level, Speed Pointed, stretched Rock, roll Bounce, Jump, Land Names of rolls. Names of jumps e.g. star jump, tuck jump Names of apparatus, e.g. mats, bench, trestles	Throw Catch Kick Send Receive Dribble Hit Strike Field Net Court Aim Tactic Score	Run Jump Throw Land Height Length direction	Health Fitness Pulse Exercise Muscles Breathing Heart rate Sweaty Hot

Key Vocabulary: Lower Key Stage 2

Gymnastics:	Games:	Athletics:	Outdoor and adventurous activity:
Absorb	Accuracy	100m	90° Turn
Aerobic	Aim	200m	Active listening
Anaerobic	Aiming	400m	Adapt
Apparatus	Angle	Absorb	Anti-clockwise
Arch	Anticipate	Acceleration	Backwards
Balance	Anticipation	Accuracy	Best Route
Baseline	Attack	Action	Challenge
Benefit	Attacker Attacking	Approach	Clockwise
Bones	Backhand	Arm	Collaboration
Bounce	Backhand hit	Athlete	Communication
Canon	Backhand throw	Athletics	Compass
Cartwheel	Backward pass	Baton	Control Point
Catch	Badminton	Bounding	Cooperation
Cat Leap	Ball	Capture	Course
Chassis Step	Base Knuckle	Changeover	Different
Choreograph	Basketball	Coach	Directional language
Choreography	Bevel	Combination	Directions
Circuit	Block	Combined event	Empathy
Continuous	Bounce Pass	Combined jump	Exercise
Control	Catching	Control	Features
Controlled	Chest Pass	Coordination	Following directions
Cooperation	Communication	Decathlon	Following instructions
Cooperatively	Contact	Discus	Forwards
Core	Control	Discipline	Full/Half/Whole turn
Counterbalance	Cooperation	Distance	Grid

<p> Curled Dish Dismount Display Energy Evaluate Exercise Extend Flexibility Forward Roll (from Standing) Front Support Handstand Hurdle Step (onto Springboard) Impact Improve Jump Landing Landing Lunge Leap Linking Action Lower Body Manipulate Mental Metronome Mirrored Mount Movement </p>	<p> Court Decision making Defend Defender Defending Direction Dodge Dodging Double Handed Dribble Dribbling Drop Hit Evaluation Feign Fend Fielder Fielding Fluency Football Footwork Forehand Foul Free-hit Fundamentals Goalie Goalkeeper Grip Grounding the ball Guard </p>	<p> Distribute Dominant Event Exchange Field Field Event Flight Fluency Follow-through Fundamental movement skills Fundamentals Grip Guard Hammer Heptathlon High Jump Hop Hopscotch Horizontal Hurdler Hurdles Hurdling Impact Incoming Javelin Jump Jumping Landing </p>	<p> Key Landmarks Landscape Leadership skills Left/Right Listening skills Map Reading Mnemonics Navigate Navigating a course Non-verbal communication Non-verbal instructions Obstacle Orientating a map Orienteer Orienteering Outdoor adventurous activities Paces Plan of Action Precise Problem solving Process Quickest Time Senses Solution Step by Step Strategy Symbols Taking a chance </p>
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Muscles	Hand-eye coordination	Lap of honour	Teamwork
Narrow	Hit	Lead Leg	Terminology
Oxygen	Hockey	Leap	Terrain
Perform	Index Finger	Leg	Thinking logically
Personal Best	Indian Dribble	Leg Action	Trust
Physical	Intercept	Long Jump	Un sighted
Pike	Interceptor	Measure	Verbal instructions
Pike Jump	Intercepting	Metres	Visualise
Point-balance	Interception	Mobility	Warm-up
Rebound	Invade	Momentum	
Release	Invasion Invasion	Non-dominant hand	
Retrieve	game	Obstacles	
Rhythmic Gymnastics	Keeper ready position	Olympics	
Roll	Length	One-handed pull throw	
Routine	Long barrier stop	One-handed push throw	
Sequence	Mark	Outgoing	
Shape	Marking	Overarm throw	
Soften	Marking players	Pass	
Springboard	Midfield	Pentathlon	
Squat on vault	Movement	Pole Vault	
Star	Moving with the ball	Power	
Straddle Jump	Net Games	Pull Throw	
Straight	Net & Wall games	Pumping	
Straight Jump Half	Non-contact	Push Throw	
Turn	Offside	Reaction	
Strength	One-on-One	Receive	
Stretched	Opponent	Relay	
Symmetrical	Opposing Team	Rhythm	
Symmetrical Balance	Opposition	Running	

Symmetry	Pace	Run Up	
Take-off	Pass	Safe Landing	
Tall	Passing	Sequence	
Target	Pass Overhead	Shot Put	
Technique	Perimeters	Speed	
Tense	Perpendicular	Sprint	
Throw	Position	Sprint Relay	
Travelling	Positioning	Stadion	
Tuck Backward Roll	Possession	Standing long jump	
Turn	Power	Standing triple jump	
Twist	Precision	Starting blocks	
Unison	Principles	Steeplechase	
Upper Body	Protect	Step	
Vaulting Box	Push	Strength	
Weight	Racket	Stride	
Wide	Racket Head	Stride Length	
	Rally	Stride Pattern	
	Ready Position	Take-off	
	Receive	Tape measure	
	Receiver	Target	
	Reflexes	Team	
	Return	Technique	
	Rolling	Throw	
	Rugby	Throwing	
	Rugby Belt	Transfer	
	Rules	Triple Jump	
	Runs	Underarm throw	
	Shaft	Track,	
	Shoot	Trail Leg	

	<p>Shot Shuffle Shuttlecock Sidestep Sidestepping Soft Hands Space Speed Squash Stance Stop Straight dribble Strategies Striking Stroke Supporting player Swerving Table Tennis Tackle Tackling Tactics Tactical decisions Tag Rugby Tags Tagging Target Teamwork Technique Tennis</p>	<p>Travelling Two-handed pull throw Two-handed push throw</p>	
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	<p>Territory Thrower Throwing Tournament Travelling Try Two Handed pick-up Two-Touch Umpire Underarm throw Velcro Volleyball Wall Games Weave Weaving Weight Winner W-shape Zone</p>		
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