

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
Curled	Court	Distribute	Key
Dish	Decision making	Dominant	Landmarks

Dismount	Defend	Event	Landscape
Display	Defender	Exchange	Leadership skills
Energy	Defending	Field	Left/Right
Evaluate	Direction	Field Event	Listening skills
Exercise	Dodge	Flight	Map Reading
Extend	Dodging	Fluency	Mnemonics
Flexibility	Double Handed	Follow-through	Navigate
Forward Roll (from Standing)	Dribble	Fundamental movement skills	Navigating a course
Front Support	Dribbling	Fundamentals	Non-verbal communication
Handstand	Drop Hit	Grip	Non-verbal instructions
Hurdle Step (onto Springboard)	Evaluation	Guard	Obstacle
Impact	Feign	Hammer	Orientating a map
Improve	Fend	Heptathlon	Orienteer
Jump	Fielder	High Jump	Orienteering
Landing	Fielding	Hop	Outdoor adventurous activities
Landing Lunge	Fluency	Hopscotch	Paces
Leap	Football	Horizontal	Plan of Action
Linking Action	Footwork	Hurdler	Precise
Lower Body	Forehand	Hurdles	Problem solving
Manipulate	Foul	Hurdling	Process
Mental	Free-hit	Impact	Quickest Time
Metronome	Fundamentals	Incoming	Senses
Mirrored	Goalie	Javelin	Solution
Mount	Goalkeeper	Jump	Step by Step
Movement	Grip	Jumping	Strategy
Muscles	Grounding the ball	Landing	Symbols
Narrow	Guard	Lap of honour	Taking a chance
Oxygen	Hand-eye coordination	Lead Leg	Teamwork
Perform	Hit	Leap	Terminology
Personal Best	Hockey	Leg	Terrain
Physical	Index Finger	Leg Action	Thinking logically
	Indian Dribble	Long Jump	Trust
	Intercept		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	

<p>Twist Unison Upper Body Vaulting Box Weight Wide</p>	<p>Precision Principles Protect Push Racket Racket Head Rally Ready Position Receive Receiver Reflexes Return Rolling Rugby Rugby Belt Rules Runs Shaft Shoot Shot Shuffle Shuttlecock Sidestep Sidestepping Soft Hands Space Speed Squash Stance Stop Straight dribble Strategies Striking</p>	<p>Starting blocks Steeplechase Step Strength Stride Stride Length Stride Pattern Take-off Tape measure Target Team Technique Throw Throwing Transfer Triple Jump Underarm throw Track, Trail Leg Travelling Two-handed pull throw Two-handed push throw</p>	
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<p>Stroke Supporting player Swerving Table Tennis Tackle Tackling Tactics Tactical decisions Tag Rugby Tags Tagging Target Teamwork Technique Tennis 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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Key Vocabulary: Upper Key Stage 2



Gymnastics:	Games:	Athletics:	Outdoor and adventurous activity:
Agility ladder Apparatus Backward roll Canon Cartwheel Cat leap Chassis step Choreography Control Dive forward Flexibility Fluency Headstand Hurdle step Landing Linking actions Lunge Perform Pike Pike jump Pivot Press up Rebound Routine Sequence	Agility Attack Backhand Backstop Bases Batter Batting stance Bounce pass Bounce pass Chest pass Chest pass Court Deep fielder Defence Defend Defender Defensive stance Direction Dodge Dribbling End line Field Fielder Footwork Forehand	Baton exchange Changeover zone Crouch start DownswEEP Field event Flight Landing Long distance running Middle distance running Pacing Relay running Sprint Standing start Standing vertical jump Stride Take off Throw Track event	Teamwork Problem solving Communication Collaboration Verbal Non verbal Hand gestures Eye contact Orienteering Endurance Pacing Coordination OAA Navigate Navigation Compass Needle N,E,S,W NE,SE,SW,NW Clockwise Anticlockwise 90°, 180°, 270°, 360° Paces Symbols Key

<p>Split leap Springboard Squat Stag leap Standing pike Straddle Straddle jump Straddle jump full turn Straddle jump half turn Style Take off Theme Tucked backward roll Unison Vault Vaulting box</p>	<p>Game plan In/out Intercept Interception Invasion game Judgement Landing Man-to-man marking Match Net No ball Overarm throw Overhead pass Pitch Pivot Pivot/pivoting Position Possession Push pass Serve Shooting Sideline Smash Sportsmanship Straight dribble Strategy Tactics Technique Tram lines Travelling Umpire Underarm throw Volley</p>		<p>Compass directions Control point Finishing point</p>
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