



St James' First School

PE Vocabulary Progression Map

Reviewed December 2022

	EYFS	Year 1	Year 2	Year 3	Year 4
Athletics	Push, stop, jump, space, forwards, backwards, safely, balance	Far, hop, aim, fast, slow, bend, improve, direction, travel	Spring, job, distance, height, take off, landing, overarm, underarm	Speed, power, strength, accurately, higher, pace control, faster, further	Power, stamina, officiate, perseverance, determination, accuracy, personal best
Ball Skills	Run, stop, throw, roll, team, kick, space, catch	Far, aim, safely, direction, balance, send	Overarm, collect, target, underarm, dribble, distance	Track, receive, chest, shoulder, overhead, accurate	Release, select, control, consistently, technique, persevere
Dance	Move, copy, shape, space, safely, travel, around, sideways, backwards, forwards	Counts, pace, level, slow, fast, balance	Mirror, action, pathway, direction, speed, timing	Flow, explore, create, perform, match, feedback, expression	Represent, reaction, dynamics, unison, control
Fitness	Push, stop, space, jump, balance, safely	Exercise, heart, body, mood, lungs	Strong, pace, race, speed, job, steady, sprint	Strength, distance, balance, accurately, control,	Technique, progress, muscle, coordination, stamina, healthy
Fundamentals	Run, stop, space, jump, balance, skip	Fast, slow, hop, land, safely, direction	Dodge, job, hurdle, speed, steady, sprint	Distance, tension, technique, coordination, rhythm	Momentum, decelerate, transfer, accelerate, pace, stability
Gymnastics	Move, copy, over, shape, space, rock, around, forwards, backwards, sideways, travel, safely	Action, jump, roll, level, direction, speed, point, balance	Link, straddle, pathway, speed, sequence, star, truck, pike	Flow, matching, interesting, explore, control, create, contrasting	Technique, quality, apparatus, perform, extension, inverted
Invasion Games	Pass, team, tag, balance, safely, space, forwards, backwards	Defender, attacker, score, points, dribble, partner	Send, receive, teammate, chest pass, possession, goal, dodge, bounce pass	Receiver, footwork, rebound, tracking, interception, mark, travelling, playing area	Outwit, opposition, opponent, contact, pivot, court, field, pitch
Net and Wall Games	Space, catch, throw, safely, balance, forward, backward	Ready position, partner, net, underarm, score, points	Send, receive, quickly, trap, defend, return, collect, against	Serve, racket, accurately, control, rally, track, opponent	Outwit, receiver, court, backhand, forehand
OAA	Share, team, path, listen, space, travel, follow, safely	Lead, cooperate, teamwork, solve, instructions	Support, successful, map, direction, communicate	Rules, route, trust, navigate, grid, discuss, plan	Leader, inclusive, effectively, orientate, symbol
Striking and Fielding	Run, pass, roll, team, space, safely, around, forwards, backwards	Hit, throw, points, score, target, catch	Fielder, send, receive, received, teammate, runs, bowler	Strike, grip, rounder, backstop, bowl, post, wicket, batting, wicket keeper, fielding	Stance, retrieve, opposition, stumped, two-handed pick up, technique, short barrier
Target Games	Aim, space, team, pass, balance, safely	Points, throw, far, distance, score, partner	Accurate, send, teammate, against, overarm, underarm, target, release	Rules, dodge, drive, receiver, putt, court, course, block	Communicate, chipping, opponent, protect, align, swing