|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Area of learning** | **EYFS** | **Year 1**Portobello Primary SchoolPhysical Education vocabulary progression | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| **Fundamentals** | Run, stop, space, jump, balance, skip | Run, stop, space, jump, balance, skipFast, hop, slow, direction, land, safely | Dodge, jog, hurdle, speed, steady, sprint | Distance, technique, control, tension, coordination, rhythm | n/a | n/a | n/a |
| **Athletics** | n/a | Far, hop, aim, fast, slow, bend, improve, direction, travel | Sprint, jog, distance, height, take off, landing, overarm, underarm | Speed, power, strength, accurately, higher, pace, control, faster, further | Power, stamina, officiate, perseverance, determination, accuracy, personal best | Technique, flight, rhythm, stride | Rotation, trajectory, continuous pace, force, compete, momentum transfer of weight |
| **Dance** | Move, copy, shape, space, safely, around, travel, sideways, forwards, backwards | Counts, pose, level, slow, fast, balance | Mirror, action, pathway, direction, speed, timing | Flow, explore, create, perform, match, feedback, expression | Reaction, unison, represent, dynamics, control | Formation, posture, performance, canon, relationship | Choreograph, phrase, contrast, structure, fluently, connect |
| **Gymnastics** | Move, copy, over, shape, space, rock, around, safely, sideways, travel, forwards, backwards | Action, jump, roll, level, direction, speed, point, balance | Link pathway, sequence, tuck, straddle, speed, star, pike | Flow, explore, create, matching, interesting, control, contrasting | Quality, perform, inverted, technique, apparatus, extension | Symmetrical, rotation, aesthetics, canon, asymmetrical, synchronisation, progression | Momentum, fluently, stability, formation, counter balance, counter tension |
| **Invasion games** | Team, tag, safely, space, forwards, backwards | Defender, dribbling, attacker, score, partner | Received, send, teammate, chest pass, possession, goal, dodge, bounce pass | Receiver footwork rebound, tracking, interception, mark, travelling, playing area | Opposition, opponent, contact, pivot, court, field, pitch | Tactics, control, foul, pressure, onside, offside, support, obstruction | Consecutive, consistently, dictate, contest, formation, conceding, turnover, shut down |
| **Net and Wall games** | Team, space, catch, throw, safely, forward, backward | Ready position, partner, net, underarm, score, point | Receive, quickly, trap, defend, return, collect, against | Serve, accurately, track, racket, control, rally, opponent | Receiver, backhand, forehand, outwit, court | Volley, footwork, set, tactics, co-operatively, continuously, dig | Deep, forecourt, defensive, consecutives, consistently, backcourt, attacking |
| **Striking and fielding** | Run, team, space, safely, around, forwards, backwards | Hit, points, target thrown score, catch | Fielder, send, teammate, runs, batter, received, bowler | Strike, grip, rounder, backstop, bowl, post, wicket, batting, wicket keeper, fielding | Stance, retrieves, opposition, stumped, twohanded pick up, technique, short barrier | Pressure, backing up, support overtake, tracking, outwit, tactics | Obstruction, continuous, drive hit consecutive, consistently, co-operatively, defensive hit |
| **Outdoor and adventurous activities** | n/a | Lead, co-operate, teamwork, solve, instructions | support successful, map, direction, communicate | Communicate, symbols, orientate | Leader, effectively symbol, inclusive, orientate | Lead, orientate, strategy, critical thinking | Location, symbol, strategy, boundaries, critical thinking, co-operatively |
| **Health and Fitness** | n/a | n/a | Strong, pace, race, speed, jog, steady, sprint | Strength, accurately, distance, balance, control | Technique, momentum, distance, control | Technique, momentum, rhythm, agility, drive, power | Generate force, measure, analyse, continuous, flexibility, record |
| **Swimming** | n/a | n/a | n/a | n/a | n/a | Stroke, huddle, alternate, survival, treading water, buoyancy | Endurance, propel, continuous, streamline, synchronised, retrieve |