



PE Vocabulary Progression Map

Nursery to Year 6 | Core subject language linked to the Park Road PE curriculum

Purpose: This map identifies the most important vocabulary pupils should hear, understand and increasingly use as they move through the PE curriculum. Terms are deliberately revisited across units so that pupils develop more precise language for movement, tactics, performance, health and evaluation.

WHOLE-SCHOOL PROGRESSION AT A GLANCE

Strand	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Physical literacy & movement	balance, space, stop, run, jump, throw	control, direction, speed, send, receive, coordination	agility, combine, accuracy, technique, personal best	fluency, transition, power, stamina, performance	efficiency, control, refine, pace, target	endurance, adapt, decision making, refine, performance	analyse, intensity, adapt, performance, evaluate
Gymnastics	shape, high, low, travel, stop, balance	point, patch, spin, balance, hold, control	pathway, transition, travel, sequence, control, fluency	link, transition, rotation, fluency, sequence, control	flight, take-off, landing, apparatus, partner, synchronisation	counterbalance, counter-tension, vault, canon, unison, composition	transfer, body tension, control, refine, evaluate, performance
Dance & yoga	pose, stretch, rhythm, movement, repeat, expression	motif, sequence, level, formation, timing, perform	rhythm, motif, formation, expression, timing, flow	style, culture, unison, dynamics, performance, refine	motif, canon, unison, dynamics, transition, expression	gesture, formation, dynamics, cultural performance, refine	genre, choreography, interpretation, dynamics, evaluate
Games & tactics	target, aim, roll, throw, team, space	attack, defend, pass, receive, strike, rally, score, accuracy	possession, mark, tactic, court, field, retrieve, positioning	support, evade, base, innings, ready position, possession, tactic	intercept, offside, formation, strategy, dribble, tackle, support	rebound, cradle, pivot, end zone, mark, possession, strategy	press, width, transition, officiate, formation, strategy, decision

Strand	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics & fitness	run, jump, throw, fast, slow, start, finish	sprint, pace, take-off, landing, distance, personal best	acceleration, deceleration, take-off, landing, technique, personal best	relay, stamina, strength, heart rate, warm-up, recovery	power, pacing, endurance, technique, performance, refine	acceleration, endurance, intensity, recovery, pacing, performance	cardiovascular, circuit, training, intensity, recovery, evaluate
OAA, teamwork & leadership	listen, turn, challenge, try, together	teamwork, cooperate, route, communicate, problem solve	navigate, clue, strategy, challenge, cooperate, communicate	map, route, strategy, trust, teamwork, problem solving	orienteering, symbol, route, strategy, communication, navigation	leadership, role, adapt, evaluate, trust, cooperation	grid reference, risk, organise, motivate, responsibility, evaluate
Swimming & water safety	-	-	-	-	buoyancy, streamline, breathing, propulsion, water safety, self-rescue	efficiency, endurance, survival, tread water, self-rescue, assessment	top-up vocabulary revisited where required to secure statutory outcomes

Teaching principle: Vocabulary should be modelled in action, used in questioning and feedback, and revisited when the same movement principles appear in different sports.



EYFS Unit Vocabulary

Nursery and Reception | Core vocabulary mapped to every curriculum unit

Use: Selected core vocabulary for explicit teaching and revisiting; add lesson-specific PE Passport language where appropriate.

NURSERY

Year / term	Curriculum unit	Core vocabulary to introduce and revisit
N A1	Stability 1	balance, still, steady, body, space, stop
N A2	Yoga	pose, stretch, balance, breathe, calm, control
N Sp1	Target Games 1	target, aim, roll, throw, near, far, score
N Sp2	Athletics 1	run, jump, throw, fast, slow, start, finish
N Su1	Gymnastics - Travelling, Stopping, and Making Shapes	travel, stop, shape, straight, curled, wide, narrow
N Su2	Gymnastics - Parts High & Parts Low	high, low, level, body part, balance, shape, control

RECEPTION

Year / term	Curriculum unit	Core vocabulary to introduce and revisit
R A1	Locomotion 2	travel, walk, run, skip, direction, speed, space
R A1	Stability 2 (static and dynamic balance)	balance, static, dynamic, steady, control, base, position
R A2	Object Control 1	roll, throw, catch, kick, send, receive, control
R A2	Gymnastics Reception	travel, balance, shape, roll, sequence, start, finish
R Sp1	Dance - Seasons	movement, music, rhythm, sequence, repeat, expression, level
R Sp1	Fundamental Movement Skills 1	run, jump, hop, throw, catch, balance, coordinate
R Sp2	Yoga	pose, stretch, breathe, balance, flexibility, focus, control
R Sp2	Invasion Game Skills 1	team, space, pass, receive, attack, goal, rule
R Su1	Athletics 1	sprint, jump, throw, distance, start, finish, technique

Year / term	Curriculum unit	Core vocabulary to introduce and revisit
R Su1	Striking & Fielding Game Skills 1	strike, bat, field, throw, catch, retrieve, target
R Su2	Target Games 1	aim, target, accuracy, force, roll, throw, score
R Su2	Personal Challenges	challenge, practise, repeat, improve, personal best, effort, perseverance



Year 1 Unit Vocabulary

Key Stage 1 | Building control, accuracy and simple game language

Progression: Pupils build on EYFS vocabulary and begin to use subject language to describe control, space, teamwork, accuracy and ways to improve.

YEAR 1

Year / term	Curriculum unit	Core vocabulary to introduce and revisit
Y1 A1	Gymnastics - Balancing & spinning on Points & Patches	point, patch, balance, spin, shape, hold, control, sequence
Y1 A1	Fundamental Movement Skills 2	run, jump, hop, skip, throw, catch, balance, coordination
Y1 A2	Fundamental Movement Skills 3	agility, balance, coordination, speed, direction, control, combine
Y1 A2	Object Control 2	send, receive, throw, catch, kick, strike, control, accuracy
Y1 Sp1	Yoga Storybook	pose, stretch, breathe, balance, flexibility, focus, sequence
Y1 Sp1	Net & Wall Game Skills 1	net, strike, track, send, receive, ready position, space, rally
Y1 Sp2	Invasion Game Skills 1	attack, defend, space, pass, receive, team, goal, possession
Y1 Sp2	OAA	teamwork, cooperate, challenge, instruction, route, problem solve, communicate
Y1 Su1	Striking & Fielding Game Skills 2	bat, strike, field, retrieve, throw, catch, score, space
Y1 Su1	Athletics 2	sprint, pace, jump, land, throw, distance, technique, personal best
Y1 Su2	Dance - Fire of London	gesture, rhythm, sequence, level, direction, expression, perform, repeat
Y1 Su2	Target Games 2	target, aim, accuracy, force, distance, score, underarm, overarm



Year 2 Unit Vocabulary

Key Stage 1 | Refining control and introducing simple tactical language

Progression: Pupils use increasingly precise words to explain movement choices, simple tactics, positioning, technique and improvement.

YEAR 2

Year / term	Curriculum unit	Core vocabulary to introduce and revisit
Y2 A1	Invasion Game Skills 2	attack, defend, possession, pass, receive, space, mark, tactic
Y2 A1	Gymnastics - Pathways: straight, zigzag & curving	pathway, straight, zigzag, curved, transition, travel, sequence, control
Y2 A2	Dance - Pirates	rhythm, motif, sequence, formation, level, expression, timing, perform
Y2 A2	Fundamental Movement Skills 3	agility, balance, coordination, accelerate, decelerate, control, combine, technique
Y2 Sp1	Net & Wall Game Skills 2	rally, strike, track, court, ready position, direction, control, opponent
Y2 Sp1	Yoga	pose, posture, flexibility, balance, breathing, focus, control, flow
Y2 Sp2	OAA	teamwork, communicate, route, clue, navigate, strategy, challenge, cooperate
Y2 Sp2	Tri Golf	club, grip, stance, putt, chip, target, accuracy, course
Y2 Su1	Athletics 2	sprint, pace, take-off, landing, throw, distance, technique, personal best
Y2 Su1	Striking & Field Game Skills 2	strike, bowl, field, retrieve, catch, run, score, tactic

Year / term	Curriculum unit	Core vocabulary to introduce and revisit
Y2 Su2	Target Games 3	accuracy, aim, force, trajectory, target, score, technique, decision
Y2 Su2	Net & Wall Game Skills 2	serve, rally, court, space, strike, return, opponent, positioning



Year 3 Unit Vocabulary

Lower KS2 | Applying technical language in sport-specific contexts

Progression: Pupils increasingly use technical vocabulary when explaining movement quality, game choices, fitness and teamwork.

YEAR 3

Year / term	Curriculum unit	Core vocabulary to introduce and revisit
Y3 A1	Gymnastics - Linking movements together	link, transition, sequence, balance, travel, rotation, fluency, control
Y3 A1	Football	dribble, pass, receive, possession, attack, defend, space, tackle
Y3 A2	Dodgeball	dodge, throw, catch, evade, target, boundary, tactic, fair play
Y3 A2	Dance - Dance Around the World	style, culture, motif, formation, rhythm, unison, sequence, performance
Y3 Sp1	Tri Golf	grip, stance, putt, chip, swing, target, accuracy, course
Y3 Sp1	OAA	navigate, route, map, teamwork, communication, strategy, problem solving, trust
Y3 Sp2	Rounders	batting, bowling, fielding, base, innings, run, retrieve, tactic
Y3 Sp2	Health Related Fitness	fitness, stamina, strength, flexibility, heart rate, warm-up, recovery, intensity
Y3 Su1	Athletics 3	sprint, pace, relay, take-off, landing, throw, technique, personal best
Y3 Su1	Tennis	serve, forehand, backhand, rally, court, baseline, ready position, accuracy
Y3 Su2	Cricket	bat, bowl, wicket, field, over, run, innings, boundary

Year / term	Curriculum unit	Core vocabulary to introduce and revisit
Y3 Su2	Netball	pass, footwork, pivot, mark, intercept, attack, defend, space



Year 4 Unit Vocabulary

Lower KS2 | Technical precision, tactics and specialist provision

Progression: Year 4 vocabulary develops tactical understanding and introduces more precise language for athletics, OAA, hockey, swimming and gymnastics.

YEAR 4

Year / term	Curriculum unit	Core vocabulary to introduce and revisit
Y4 A1	Netball	chest pass, shoulder pass, footwork, pivot, mark, intercept, possession, tactic
Y4 A1	Athletics 4	sprint, pacing, relay, take-off, landing, power, technique, personal best
Y4 A2	Tag Rugby	tag, try, pass, support, attack, defend, possession, offside
Y4 A2	Dance - Romans	motif, formation, canon, unison, transition, dynamics, expression, refine
Y4 Sp1	OAA	orienteering, map, symbol, route, navigate, strategy, communication, teamwork
Y4 Sp1	Hockey	dribble, push pass, receive, tackle, possession, attack, defend, space
Y4 Sp2	Swimming - specialist provision	buoyancy, streamline, breathing, propulsion, stroke, water safety, entry, exit
Y4 Sp2	Gymnastics Year 4 - specialist provision	shape, balance, roll, travel, apparatus, sequence, control, transition
Y4 Su1	Swimming - specialist provision	stroke, kick, pull, breathing, streamline, stamina, distance, pace
Y4 Su1	Gymnastics Year 4 - specialist provision	flight, take-off, landing, apparatus, pathway, elevation, control, transition

Year / term	Curriculum unit	Core vocabulary to introduce and revisit
Y4 Su2	Swimming - specialist provision	self-rescue, float, tread water, safe entry, distance, 25 metres, water safety, assessment
Y4 Su2	Gymnastics Year 4 - specialist provision	partner, synchronisation, canon, mirror, unison, sequence, refine, evaluate

Specialist note: Swimming and gymnastics vocabulary should be reinforced alongside Trafford Leisure teaching at Altrincham Leisure Centre.



Year 5 Unit Vocabulary

Upper KS2 | Efficiency, leadership and specialist provision

Progression: Pupils use increasingly precise terminology when analysing technique, solving problems, making tactical decisions and refining performance.

YEAR 5

Year / term	Curriculum unit	Core vocabulary to introduce and revisit
Y5 A1	Basketball	dribble, chest pass, bounce pass, shoot, rebound, possession, defend, tactic
Y5 A1	Athletics 5	pace, acceleration, relay, take-off, landing, power, endurance, performance
Y5 A2	Lacrosse	cradle, scoop, pass, catch, possession, attack, defend, space
Y5 A2	Dance - The Haka	haka, unison, rhythm, gesture, dynamics, expression, formation, performance
Y5 Sp1	Team Building and Problem Solving	leadership, trust, communication, cooperation, strategy, role, evaluate, adapt
Y5 Sp1	Ultimate Frisbee	disc, throw, catch, pivot, possession, end zone, mark, spirit of the game
Y5 Sp2	Swimming - specialist provision	efficiency, streamline, breathing, propulsion, stroke, distance, pace, stamina
Y5 Sp2	Gymnastics Year 5 - specialist provision	counterbalance, counter-tension, matching, mirroring, contrast, tension, control, sequence
Y5 Su1	Swimming - specialist provision	endurance, stroke choice, pace, distance, survival, float, tread water, efficiency
Y5 Su1	Gymnastics Year 5 - specialist provision	flight, vault, take-off, landing, apparatus, rotation, control, safety

Year / term	Curriculum unit	Core vocabulary to introduce and revisit
Y5 Su2	Swimming - specialist provision	self-rescue, survival, safe entry, safe exit, 25 metres, stroke efficiency, water safety, assessment
Y5 Su2	Gymnastics Year 5 - specialist provision	canon, synchronisation, unison, group sequence, transition, composition, refine, evaluate

Specialist note: Swimming and gymnastics vocabulary should be reinforced alongside Trafford Leisure teaching at Altrincham Leisure Centre.



Year 6 Unit Vocabulary

Upper KS2 | Analysis, leadership, officiating and independent application

Progression: By Year 6, pupils should use technical terminology accurately when explaining tactics, analysing performance, leading others, officiating and suggesting improvements.

YEAR 6

Year / term	Curriculum unit	Core vocabulary to introduce and revisit
Y6 A1	Football	formation, possession, press, support, width, attack, defend, transition
Y6 A1	Health Related Fitness	cardiovascular, endurance, strength, flexibility, intensity, recovery, circuit, training
Y6 A2	Leadership	leader, organise, demonstrate, instruct, motivate, feedback, responsibility, evaluate
Y6 A2	Dance - Dance through the ages	genre, style, motif, choreography, dynamics, formation, interpretation, evaluate
Y6 Sp1	Basketball	dribble, pass, screen, mark, rebound, transition, formation, tactic
Y6 Sp1	Personal Challenges	goal, target, baseline, practise, resilience, progress, personal best, evaluate
Y6 Sp2	Hockey	formation, press, possession, support, channel, intercept, officiate, tactic
Y6 Sp2	Cricket	bowling, batting, fielding, wicket, over, innings, boundary, strategy
Y6 Su1	Rounders	innings, no-ball, batting, bowling, fielding, base, tactic, officiate
Y6 Su1	Athletics 6	acceleration, pacing, relay, technique, power, endurance, performance, evaluate

Year / term	Curriculum unit	Core vocabulary to introduce and revisit
Y6 Su2	OAA	orienteering, grid reference, route, navigation, strategy, leadership, risk, evaluate
Y6 Su2	Dodgeball	trajectory, accuracy, evade, possession, tactic, officiate, fair play, strategy



Language for Learning in PE

Vocabulary that should be deliberately revisited across units

Whole-school entitlement: Pupils should learn not only sport-specific words but also the language needed to describe movement, collaborate, make decisions, explain the effects of exercise and evaluate performance.

Phase	Key language focus	Core vocabulary	What progression looks like
EYFS	Movement, space and participation	safe, space, stop, start, balance, control, turn, take turns, try, practise	Children respond to simple movement words, describe basic actions and begin to talk about what felt easy or difficult.
Year 1	Control, accuracy and teamwork	control, accuracy, direction, speed, rule, teamwork, cooperate, improve, fair, feedback	Pupils use simple vocabulary to explain how they moved, whether an action was accurate and how they worked with others.
Year 2	Choice, tactics and improvement	technique, tactic, position, possession, strategy, evaluate, personal best, fair play, feedback	Pupils begin to explain simple choices and identify one feature that could improve a performance.
Year 3	Technique, fitness and performance	technique, fluency, performance, stamina, strength, heart rate, strategy, resilience, refine	Pupils use technical words when comparing performances and can explain basic links between exercise and the body.
Year 4	Decision making and refinement	formation, support, transition, power, efficiency, navigate, refine, evaluate, responsibility	Pupils explain tactical or technical choices and use feedback to make purposeful changes.
Year 5	Leadership and efficiency	leadership, communication, adapt, endurance, efficiency, decision making, composition, officiate, evaluate	Pupils use subject language when leading, solving problems, analysing performance and refining technique.
Year 6	Analysis, independence and responsibility	analyse, evaluate, justify, intensity, training, formation, officiate, responsibility, adapt, performance	Pupils communicate with precision, justify decisions, lead others safely and identify evidence-based improvements.

Implementation notes

- Display current unit vocabulary and deliberately reuse previously taught terms in teacher modelling, questioning and plenaries.
- Expect pupils to use vocabulary in context - while performing, coaching, explaining tactics or evaluating - rather than recalling isolated definitions.
- Revisit transferable terms such as balance, control, accuracy, space, technique, tactic, performance, refine and evaluate across different activities.
- Use sentence stems, demonstrations, visuals and repeated oral rehearsal to support SEND and EAL pupils.
- PE Passport remains the detailed lesson-level resource; this document identifies the selected whole-school core vocabulary that Park Road intends pupils to retain.

Curriculum alignment: Park Road Academy final PE long-term curriculum and the accompanying progression documents. Vocabulary is a school-authored selected core informed by standard PE terminology and should be supplemented by lesson-specific PE Passport language where needed.