



Physical Education - Building Vocabulary to communicate physically

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
run stop throw roll team kick space catch aim safe forwards backwards around bounce pass tag balance space move copy travel rock shape push	far aim safely direction balance send point(s) throw score partner hit catch ready position net underarm dribbling attacker defender action jump roll level speed counts pose hop aim bend fast slow bend improve	overarm collect target underarm dribble distance accurate teammate against fielder batter bowler quickly trap defend return received link pathway sequence tuck/straddle/pike star mirror timing sprint jog height take off landing over/underarm	track(ing) receive(r) chest shoulder overhead accurately laws dodge drive court/course block strike grip serve control rally footwork rebound travelling flow explore create match(ing) interesting control feedback expression stamina power strength officiate	release select controlling consistently technique persevere communicate opponent/opposition chip(ping) swing protect align stance barrier receiver outwit intercept(ion) pitch playing area contrast(ing) quality perform extension inverted represent reaction dynamics unison power strength pace higher/faster/further perseverance determination	tactics officiate fair play pressure power overtake backing up pivot volley half volley forecourt backcourt defensive attacking deep foul onside/offside obstruct(ion) symmetrical rotation aesthetic(ally) canon asymmetrical synchronisation progression relationship performance posture flight rhythm stride	support fluently cooperatively sportsmanship tournament outmanoeuvre hazard obstruct(ion) continuous consecutive dictate contest turnover conceding formation shut down momentum stability counter balance counter tension choreograph phrase structure connect trajectory transfer of weight
Swimming specific	exit enter front back travel rules kicking	pulling splash unaided floating gliding	sculling crawl backstroke breaststroke submersion rotation backstroke	stroke huddle alternate survival treading water buoyancy	exhale somersault flutter kick surface personal best inhale	endurance streamline synchronised propel retrieve continuous