



Jarrow Cross C of E Physical Education Vocabulary List

	Games	Dance	Gymnastics	Athletics
EYFS			Forwards Backwards Sideways Bench Mat Table Roll Long Slow On Off Stretched Curled Tuck Body parts Tall Small Shape Hold Still Jump Hop Bounce Travel Copy	Walk Jog Throw Target Jump Run Hop Skip Fast Slow Pass In pairs

	Games	Dance	Gymnastics	Athletics
KS1	Avoiding Tracking a ball Rolling Striking Overarm throw Bouncing Catching Free space Own space Opposite Team Rebound Follow Aiming Speed Direction Passing Controlling Shooting Scoring	Travel Stillness Direction Space Beginning Middle End Feelings Body parts Levels Directions Pathways Speed Rhythm	As above plus... In front Speed Slow fast Wide Shape Narrow Long Land Over Jump Off High Low Stretch Point Balance Twisted Curled Level Medium Backwards Sideways Forwards Zig zag Angular Under Through Behind Tension Copy Smooth Sequence Height	

	Games	Dance	Gymnastics	Athletics
Lower KS2	As above plus... Keep possession Keep the ball Scoring goals Keeping score Making space Pass/send/receive Dribble Travel with a ball Back up Support partner Make use of space Points Goals Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally	As above plus... Pace Repeat Dance Phrase Improvisation Character Gesture Repetition Action and reaction Myth Legend Costume Prop Pattern	As above plus... Flow Explosive Symmetrical Asymmetrical Combination Evaluate Improve Stretch Refine Adapt Pathway Contrasting Curled Stretched Suppleness Strength Inverted Jump Land Over/Under 90 degrees 180 degrees Leaving Approaching Balance Forwards Backwards Combine Rotation Against Towards Across Evaluate Improve Height Strength Suppleness Stamina Speed Level Wide Tucked Straight	As above plus... Sling Pull Distance Sprint Steady pace Accuracy Height Record Joints Rhythm Leading leg Measure Underarm Overarm Heart beat Pulse rate Jogging Walk Hurdles Landing Control Preferred Landing foot Time Stamina Obstacles Stance Diagonal Approach Speed Relay

	Games	Dance	Gymnastics	Athletics
Upper KS2	As above plus... Keeping possession Passing Dribbling Shooting Shield ball Width Depth Support Marking Covering Repossession Attackers Defenders Marking Team play Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally	As above plus... Dance style Technique Formation Pattern Rhythm Variation Improvisation Unison Canon Action Reaction Motif Phrase Interpret Exploration	As above plus... Dynamics Combination Contrasting Control Mirroring Matching Accurately Refine Evaluate Display Asymmetry Performance Create Symmetry Refinements Assessment Suppleness Strength Cool down Warm up Muscles Joints Explore Rotation Spin Turn Shape Landing Take-off Flight Co-operate Audience Assessment Elements Twist Obstacles Refine Aesthetically Criteria Extension Judgement Tension Inverted Judge Dynamics Combination Canon Counter-tension Counter-balance Criteria Performance Imaginative Parallel Creativity Flight	As above plus... Sprint Team Distance Measure Height Target Pacing Rhythm Obstacles Leading leg Hurdles Throwing Speed Accuracy Take off Stamina Time Projectory Release Performance Accuracy Take off Distance Target Time Position Measure Control Height Run up Hurdles