

Vocabulary Progression



P.E.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
ball	action	activity	accuracy	athletics	attacking
bounce	balance	badminton	challenge	backhand	cardiovascular
catch	climb	control	communicate	direction	competition
dance	cricket	field	coordination	flight	counterbalance
hit	curl	game	direction	forehand	defending
jump	opponent	overarm	distance	gymnastics	demonstrate
kick	repeat	position	hurling	hockey	endurance
moves	spin	rules	netball	precision	exercise
rolls	stretch	stretching	opposition	racquet	flexibility
skills	tag rugby	tactics	physical	stamina	fitness
stroke	teammate	team	possession	speed	mirroring
swim	travel	underarm	rounders	strength	performance
throw	twist				tennis