

PE progression of vocabulary and terms used across Lower School and Upper School.



	Lower School	Upper School
<b>Dance</b>	Perform Create Movement Soft body parts Beat Flow In time Travel Pattern Rhythm	Perform Improvise Evaluate Soft joints 32 count beat Movement Fluidity Synchronisation Rhythm Tempo
<b>Gymnastics</b>	Perform Create Hold balance Jump Skip Hop Move Movement Stretch Body position Roll Teddy bear roll Pattern	Front/back support Travel Backward/forward roll Core strength Counter balance Sequence Compose Evaluate Extend Straddle Pike Absorb
<b>Athletics</b>	Jumping - bend knees, push up and forwards, speed Running - swing arms the same speed as legs Long distance Short distance Throw Fast/quick Power through upper legs	Jumping - bend knees, explosive, power through, pace Running - power through the arms, pump arms, opposite arms to legs Throw using upper body strength Target setting Endurance Sprint Agility Breathing technique

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		Power through quadriceps
<b>Net and wall games</b>	<p>Hit                      Eye on the ball/shuttle                      Grip                      Movement                      Bat                      Across body                      Aim shot</p>	<p>Forehand                      Backhand                      Open/closed grip                      Balanced                      Decision making                      Side step                      Lunge                      Reach                      Serve                      Racket                      Flight                      Focus                      Tactics                      Challenge</p>
<b>Striking and fielding</b>	<p>Stance                      Grip                      Throw                      Hit                      Fielders                      Call a run                      2 handed catch</p>	<p>Sideways balanced stance                      Open grip hands apart                      Cup catch with give                      Communication                      Effective decision making                      Strike                      Boundary                      Challenge</p>

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<p><b>Invasion Games</b></p>	<p>Pass (in a team) Find space Spread out Movement Defend Attack Block Travel</p>	<p>Possession Tactics Create space Positive/negative Passable position Intercept Mark Defend Attack Press the opposition Travel Challenge</p>
<p><b>Outdoor education</b></p>	<p>Talk/ discuss Team work Map reading Leader Space Find</p>	<p>Communicate Problem solving Orienteering Creative ideas Leadership Co-ordinating</p>
<p><b>General vocabulary</b></p>	<p>Heart beat Trunk of the body Speed Names of body parts - upper leg, lower arm, back, stomach Confident Control Fairness Respect Fitness Flexibility</p>	<p>Pulse Core Maximum heart rate Strength Endurance Cardio/ cardiovascular Aerobic/anaerobic Oxygen Specific names of muscles - quadriceps, hamstrings, calf Competent Competitive Complex Confident Control</p>

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	Respect for all	Effectiveness Excel Fairness Respect Fitness Sustained Strategy  Respect for all
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