

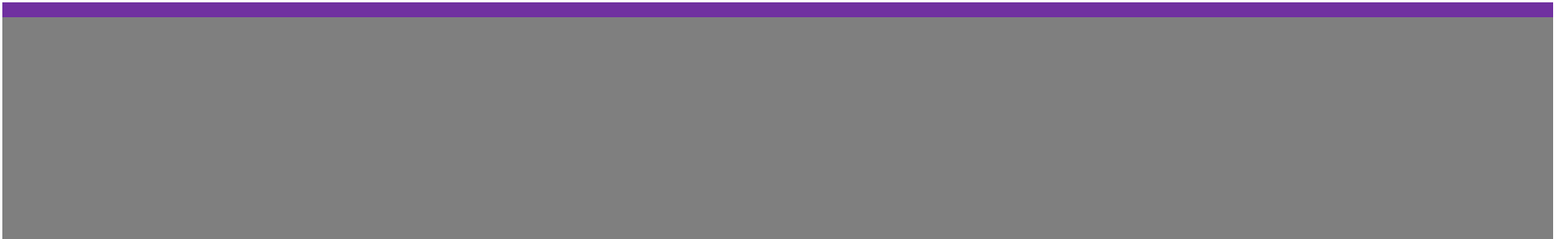


THE RADSTONE  
Primary School

# Physical Education

---

VOCABULARY FRAMEWORK FOR EYFS, KEY STAGE 1 AND 2



**Physical Education**

	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Position</b>	space under over follow behind in front close far straight	above anti-clockwise area backward below centre clockwise close to corner direction distance far first...second (etc) forward further group guess half half turn higher larger last least less long longer more most near object own space point position quarter turn short sideways smaller underneath whole	beyond compare height left order rank right	cross cross court down the line estimate left parallel right square tie	area spread out wings striker defender midfielder goalkeeper open stance closed stance penalty area dominant foot ahead behind	average distribution range rating seed	circumference diameter intersecting perimeter

		Physical Education					
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Location	MUGA field hall	court field floor (of a pool) lane pitch poolside racetrack ring track	environment obstacle surroundings target	arena crease green region stadium wicket	base incline origin zone	starting blocks velodrome	Field Pitch Side line
Time	stop go ready quickly	after before event next now seconds then when whistle	earlier hold later period session since	approximate preparation process recovery repetition several	abrupt continuity continuous decrease former increase latter occasion phase	context dominate enduring	cumulative simultaneous

<b>Shape and movement</b>	stretch	backward	rhythm	arch	assist	peak	accelerate	backspin	aerobic
	wide	roll	run	bridge	backhand	rally	agility	friction	anaerobic
	narrow	balance	sit-up	cartwheel	backstep	receive	bridge walk	maximum	anticipate
	curl	bounce	skip	control	dynamics	rotate	demonstrate	minimum	movement
	run	catch	speed	lunge	extended	sequence	endurance	outcome	sprint
	hop	cool down	spin	lunge kick	footwork	serve	intensity	resistance	track back
	jump	forward roll	sprint	rhythm	force	set	non-dominant	rigorous	
	skip	handstand	squat	route	forehand	shot	receive	scull	
	low	hit	star jumps	sidestep	function	straddle	spin	sidespin	
	high	jog	stretch	space	game	volley	tuck roll	topspin	
	stop	jump	throw	split	hollow			velocity	
	start	kick	travel	stationary	lob				
	fast	land	twist	strike	match				
	slow	one-handed	two-handed	symmetrical	match point				
	throw	overarm	underarm	tuck	muscle				
	catch	press-up	walk	tumble	navigate				
	push	pull-up	warm-up	skip	pace				
	move	race		jump					
	forwards			turn					
backwards									
change direction									

Physical Education											
	Reception	Year 1		Year 2		Year 3		Year 4		Year 5	Year 6
Teamwork and behaviour	share	background	tradition	action	tactics	achieve	positive	aspiration	self-worth	aesthetic	analyse
	take turns	behaviour		bullying	worry	adjust	principle	characteristic	sensitivity	compassion	bias
	team	challenge		cooperate	signal	ambition	principles	code	sympathy	compensate	characterise
	stop	choice		creative		antisocial	reflect	consider	tolerance	considerate	concept
	look	disabled		disability		appreciate	resolve	constructive	tolerate	crucial	controversy
	listen	dream		enjoyment		climate	self-	critique	typical	effective	dilemma
	still	enjoy		environment		collaborate	confidence	empathy	verbalise	inform	epitomise
	kind	feeling		feedback		compete	sensitive	ethic		perspective	facilitate
	support	group		focus		concern		evaluate		pivotal	prejudice
	partner	idea		gender		confidence		integrity			values
		imagination		guideline		conflict		intense			routine
	impression		opinion		consequence		mindfulness			possession	
	manners		persistence		contribute		modify			retain	
	persevere		respect		creativity		perseverance				
	polite		responsibilities		criticise		personal				
	resilience		rights		discrimination		quality				
	rule setting		strategy		minority		recognize				
	team		surroundings		negative		resilience				

		Physical Education					
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	run jump throw hurdles finish line baton sprint	finish line howler long jump side on changeover pace speed		underarm overarm, technique distance accuracy personal best relay		control accuracy techniques compete improve feedback personal best stamina pace angle of release measure	
Dance		move copy perform create rhythm control coordination linking mood or feeling music sequence patterns travel stillness direction space body parts levels speed beat		changing speed and direction pathways share and create phrases plan repeat remember and perform phrases communicate motif		compose creative demonstrate clarity fluency accuracy consistency style interpret precise posture pace timing, improvisation reaction technique rhythm variation unison canon.	

Swimming			Swim unaided basic stroke movements coordinate breathing surface safety rescue streamline front crawl breaststroke butterfly backstroke kick pull sink float.	
Gymnastics	jump travel roll stretch narrow wide curl	tense relax control travel balance copy sequence improve plan and perform feedback hold apparatus shapes forwards backwards sideways rolls slow body parts tuck straight	adapt sequences apparatus criteria strength suppleness performance compare and contrast sequences stamina landing pike straddle symmetrical asymmetrical	complex extended sequences combine perform consistency audience link vault spring evaluate control core muscles joints flexibility counter-balance rotation take-off flight

Games	<p>Space looking up partner run walk balance throw catch hit ball cone net bean bag jump hop carry follow lead copy rules move forwards backwards equipment speed direction bounce push pull roll ball team safely.</p>	<p>Throw roll underarm hit move safely kick tactics decide rules defence overarm release catching own space team speed direction passing control shoot score.</p>	<p>Throw catch control awareness of space support opposition strike and field accuracy rules possession adapt tactics co-ordination agility pass keeping score create space send and receive travel points rules batting fielding bowling defending.</p>	<p>Possession forehand backhand field tactics defending attacking techniques pass dribble and shoot. Striking implement rules umpire, and strategy support marking offside pitch court pressing pressure.</p>
-------	---	---	--	---



OAA		team work problem solving listen share discuss work together	follow route problem solution map contribution safety manage risks/problems communication cooperate	location compass orientate navigate plan route leadership resilience
Fitness	heart breathing hot	muscles heart rate breathing rate pace	stamina endurance strength core speed flexibility	determination personal best challenge overload training body composition