



Progression of Vocabulary in PD/PE



Physical Development Vocabulary

Cubs		Bears
Move	Throw	Movement
Crawl	Catch	Skip
Jump	Bend	Hop
Walk		Shapes
Stop		Kick
Backwards		Balance
Clap		Exercise
Copy		Dance
Climb		Music
Slide		High
Squat		Low
Kick		
Forwards		
Run		

PE Vocabulary

YR	Y1	Y2
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Vocabulary in Gymnastics

Warm up	Points	High
Cool down	Patches	Low
Control	Travel	Travel
Balance	Strong (tension)	Slide
Leap	Stretch (extension)	Rolling
Stride	Control	Jump
Land	Flight	Land
Travel	Bounce	Flexible
Health	Flexible	Tension
Explore	Spin	Extension
Diet	Land	Linking
Stretch	Wide	Sequence
Exercise	Narrow	Technique
Healthy/ unhealthy	Curled	Direction
Safety		Evaluate
Space		Muscles
Copy		
Equipment		
Apparatus		

Vocabulary in Games

Pass
 Roll
 Bounce
 Stop
 Warm up
 Cool down
 Control
 Large movements
 Small movements
 Move
 Health
 Explore
 Diet
 Exercise
 Healthy / Unhealthy
 Safety
 Space
 Equipment
 Team work

Actions
 Receive
 Dribble
 Hit
 Space
 Move
 Safety
 Looking
 Stopping
 Control
 Target
 Aiming
 Team work

Send
 Control
 Strike
 Evaluate
 Controlling
 Defender
 Attackers
 Rules
 Calling
 Signalling

Vocabulary in Dance

Warm up
 Cool down
 Large movements
 Small movements
 Move
 Health
 Explore
 Diet
 Exercise
 Healthy /unhealthy
 Safe
 Space
 Music
 Copy
 Watch
 Show
 Equipment
 Travel
 Spinning
 Turning
 Rolling
 Jump
 Low/ high

Compose
 Timing
 Gesture
 Movement
 Dance phrase
 Choreography
 Routine
 Perform
 Performance
 Formation
 Direction
 Speed
 Levels
 Describe
 Travel
 Slide
 Timing
 Beat

Pattern
 Express
 Sequence
 Explore
 Pathways
 Travel
 Spring
 Levels
 Evaluate
 Tension
 Control
 Extension
 Rhythm

