

Tier 3 Physical Education Vocabulary

	Gymnastics			Dance			Games		
Class 1 (EYFS & KS1)	Straight Tuck Star Pike Straddle Cat spring Wheelbarrow Shape Curl Rolls- egg, pencil, teddy bear Warm up Cool down	Position Body parts Travel Balance Jump Landing Half-turn Full-turn Jumping jack Bunny hop	Speed Tiptoe Hop Sequence Repeat Stretch Step Zig zag Climb Space Perform Adapt Direction	Travelling Stillness Slither Gallop Shuffle Roll Crawl Skip Jump Hop Bounce Spring Turn Freeze	Actions- lead and follow Coordination Share Directions- forwards, backwards, sideways Stretch Curl Reach Twist Turn Spin	Movement- strong/gentle Space- near, far, in and out, on the spot, own, beginning, middle and end Speed- fast/slow Pathways Rhythm Pattern Sequence	Walking Running Jumping Throwing Catching Rolling Striking Pushing Patting Bouncing Direction Control Coordination Passing	Hit Opposition Speed Shooting Scoring Participate Underarm Overarm Rules Practise Accuracy Attacking Defending Marking	Sprint Sending Receiving Competition
Class 2 (KS1)	Compose Movements Position Extend Travel Combinations Demonstrate Repeat Create Stretch Balance Level	Smooth Sequence Crouched forward roll Rocking forward roll Cat spring to straddle T-lever Scissor kick	Sequence Unison Bounce Spring Turn Spin Freeze Directions- forwards, backwards, sideways Space- near,	Far, in and out, on the spot, own, beginning, middle and end Levels- high, medium and low Composition	Avoiding Accuracy Tracking an object Hand-eye coordination Fielding Chest pass Bounce pass Free space Own space Rebound	Follow Aiming Dribbling Technique Combinations Tactics			
	Gymnastics		Dance	Games	Athletics	Swimming			
Class 3 (KS2)	Flow Symmetrical Asymmetrical Combination Rotation	Improvisation Repetition Adapt Motifs Movement	Possession Coordination Cooperation Scoring Batting	Running Speed Technique Pace Accuracy	Shallow Deep Turning Rolling Metres				

	<p>Against Towards Stamina Speed Evaluate Improve Refine Constructive Points Stretch Refine Adapt Curled Wide Twisted Turn Suppleness Strength Inverted Jump Land Over Under Agility Technique Control Flexibility Balance Shapes- arch, back support, front support, shoulder stand, bridge Fitness- heart rate</p>	<p>Evaluate Improve Agility Flexibility Stimulus Timing Perform Spatial Awareness Dance Character Action Reaction Dynamics</p>	<p>Space Pass Dribble Points Goals Fielding Bowler Wicket Innings Rounder Backstop Court Net Pitch</p>	<p>Power Throw Skip Fast Slow Aim Bounce Jump Leap Hop High Low Target Overarm Underarm Walking Jogging Accelerate Baton Relay Push Take off Landing</p>	<p>Glide Front Back Style Horizontally Vertically Front Crawl Float</p>
<p>Class 4 (KS2)</p>	<p>Dynamics Combination Contrasting Mirroring Matching Audience Elements</p>	<p>Dance phrase Dance style Fluency Formation Pattern Rhythm Expression</p>	<p>Create Control Decisions Shield ball Support Covering Effective use of space</p>	<p>Pull Distance Sprint Steady pace Height Record Joints</p>	<p>Back stroke Breast stroke Independence Rescue</p>

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	<p> Aesthetically Criteria Accurately Performance Imaginative Assessment Muscles Joints Extension Tension Counter-tension Counter-balance Shapes- partner balances level 2/3- ankles, high legs, high knees, thighs without support, angle, lunge, straddle lift Take off Flight </p>	<p> Improvisation Modify Pace Timing Unison Canon Action Reaction Interpret Exploration </p>	<p> Repossession Accuracy Technique Keeping possession Passing range Decisions Width depth Attackers Defenders Team play Forehand Backhand Volley Overhead Singles </p>	<p> Leading leg Measure pacing Hurdles Take off Landing Run up Preferred landing foot Time Stamina Obstacles </p>	
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