

Broad Square Primary School Tier 3 Vocabulary Progression - PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Topic - personal <ul style="list-style-type: none"> • Still • Run • Lift 	Topic - social <ul style="list-style-type: none"> • Jump 	Topic - cognitive <ul style="list-style-type: none"> • Talk • Slowly • Quickly • Move • Crawl 	Topic - creative <ul style="list-style-type: none"> • Talk • Watch • Copy • Move • Roll 	Topic - Physical <ul style="list-style-type: none"> • Do • Stop • Catch 	Topic - Health and safety <ul style="list-style-type: none"> • Roll • Walk • Run • skip
Reception	Topic-personal <ul style="list-style-type: none"> • March • Knees high • Forwards • Backwards • Straight • Bounce • Sideways • Follow instructions 	Topic-social <ul style="list-style-type: none"> • Sensible • Work with others • Taking turns • Play with others • Sharing • Swing • Take off • Beat • Side to side • Row • balance 	Topic-Cognitive <ul style="list-style-type: none"> • Understand • Rules • Follow instructions • Opposite • Still • Straight • stance 	Topic- creative <ul style="list-style-type: none"> • Explore • Slowly • Quickly • Lean • apart 	Topic-physical <ul style="list-style-type: none"> • Challenge • Further • Small ball • Bounce • Slow • position 	Topic-Health and safety <ul style="list-style-type: none"> • Movement is good for me • My body changes when I move • Speed • Left • Right • Bounce • partner

Year 1	Topic - personal <ul style="list-style-type: none"> • Keep going • Try again • Follow instructions • Practise • Ask for help • Work on my own • Direction • Fluency • Gallop • Leading • Control • Side-step • Either • Hop • Skip • Balance • standstill 	Topic –social <ul style="list-style-type: none"> • Sensible • Help others • Work with others • Play with others • Take turns • Sharing • Jump • Forwards • Backwards • Side to side • Maintain • Freeze • Quarter • landing 	Topic - cognitive <ul style="list-style-type: none"> • Same and different • Talk about what I am good at • Order • Instructions • Rules • Movements • Understand • Cones • Markers • Beanbags • Hoops • Head up • Head still • Swing • Move • rules 	Topic - creative <ul style="list-style-type: none"> • Compare • Choose and link • Explore • Describe • Watch • Copy • Control • Apart • Move • Waist • Alternate • Between • Short base • Lean back • Hold balance • Maintain • together 	Topic - Applying physical <ul style="list-style-type: none"> • Do • Movement • Control • Order (sequence) • High, middle, low levels • Left and right • Fast and slow • Against • Strike • Kick • Roll • Return • React • Quickly • bounce 	Topic - Health and safety <ul style="list-style-type: none"> • Talk about how I feel before and after moving • Benches • Mats • Equipment • Move and land • Safe • Movement is good for me • Tennis balls • Position • Distance • challenge
Year 2	Topic - personal <ul style="list-style-type: none"> • Challenge • Keep trying • Ask for help • Space 	Topic - cognitive <ul style="list-style-type: none"> • Patience • Help other • Listen • Show and tell 	Topic - social <ul style="list-style-type: none"> • Understand • Attack • Defend • Explain 	Topic - creative <ul style="list-style-type: none"> • Create • Respond • Recognise 	Topic –Physical <ul style="list-style-type: none"> • Perform • Repeat • Sequence • Shape 	Topic - Health and safety <ul style="list-style-type: none"> • Describe how my body feels before

	<ul style="list-style-type: none"> • Marked area • Balls (of feet) • Combine • Pivots • Hopscotch • Fluency • control 	<ul style="list-style-type: none"> • Say what is good to others • Work sensibly • Floor spots • Spring (jump) • Praise • Encourage • Turn • Landing (soft) • Tucked jump • raising 	<ul style="list-style-type: none"> • Next time • Order movements • Instructions • Skills • Same and different • Expression • Compare • Choose and link • Explore • Describe • Marching • Action • Heel • lunge 	<ul style="list-style-type: none"> • Same and different • Expression • Explore • Describe • Alternate • Apart • Maintain control • Criss-cross • swap 	<ul style="list-style-type: none"> • Control • Choose • Skills • Change • Levels • Direction • Speed • Single • Movement • Partner • Strike • Rally • Cross-over • Returning • alternate 	<p>and after exercise</p> <ul style="list-style-type: none"> • Warm up • Cool down • Equipment • Exercise • Health • Balanced position • Direction • Long barrier • Front support • Seated • Lying • chasing
Year 3	Topic - personal <ul style="list-style-type: none"> • Cope • React • Positive • Persevere • Practice • Challenge • Hop scotch • Zig zag • Pattern • Lead leg 	Topic - cognitive <ul style="list-style-type: none"> • Cooperate • Feedback • Organise • Guide • Talk • Patience • Support • Listen • Praise • Encourage 	Topic - social <ul style="list-style-type: none"> • Judge • Performance • Identify • Decisions • Awareness • Tactics • Attack • Defend • Explain • Improvement 	Topic - creative <ul style="list-style-type: none"> • Link • Develop • Sequence • Express • Ideas • Tactics • Rules • Challenge • Version • Respond 	Topic - physical <ul style="list-style-type: none"> • Perform • Variety • Body tension • Link • Action • Flow • Running • Jumping • Throwing • Repeat 	Topic - health and safety <ul style="list-style-type: none"> • Describe • Fitness • Explain • Often • Long • Exercise • Healthy • Note • Describe

	<ul style="list-style-type: none"> • swerve 	<ul style="list-style-type: none"> • Tucked jump • Maintain • Apply • force 	<ul style="list-style-type: none"> • Order • Skills • Marching • Lunge • Landing • Fluidly • Sink hips • Extend legs 	<ul style="list-style-type: none"> • Recognise • Strike • Kick • Send • Return • Cross-over • circuit 	<ul style="list-style-type: none"> • Control • Apply • Changes • Level • Direction • Speed • React • Balance • distance 	<ul style="list-style-type: none"> • Warm up • Cool down • Equipment • Appropriately • Move and land • Safe • Low beam • Racket • Long barrier position
Year 4	Topic - personal <ul style="list-style-type: none"> • Cope • React • Persevere • Improve • Practice • Challenge • Appropriate • Combine • Swerve • Ankle extensions • squat 	Topic - social <ul style="list-style-type: none"> • Cooperate • Feedback • Organise • Roles • Responsibilities • Guide • Patience • Support • Listen • Praise • Encourage 	Topic - cognitive <ul style="list-style-type: none"> • Judge • Steps to success • identify • Awareness • Decisions • Tactics • Attack and defend • Explain • Improvement • Order • Instructions • Movements • Skills • Recognise 	Topic - creative <ul style="list-style-type: none"> • Link • Develop • Sequence • Create • Challenge • Create • Respond • Variety • Recognise • Similarities • Differences • Compare • Select • Simultaneously • Continuously 	Topic - physical <ul style="list-style-type: none"> • Perform • Variety • Body tension • Flow • Running • Jumping • Throwing • Repeat • Sequences • Control • Select • Apply • Consistency • Changes • Level • Direction 	Topic - health and safety <ul style="list-style-type: none"> • Describe • Fitness • Explain • Often • Length • Write down • Review • Warm up • Cool down • Equipment • Appropriate • Move and land • Safe • volley

			<ul style="list-style-type: none"> • Fluidly • competitive 		<ul style="list-style-type: none"> • Speed • Support position • Rotating • transfer 	
Year 5	Topic - personal <ul style="list-style-type: none"> • Create • Plan • Accept • Challenge • Learn • Develop • Strengths • Weaknesses • Persevere • improve 	Topic - social <ul style="list-style-type: none"> • Feedback • Helpful • Organise • Roles • Responsibilities 	Topic - cognitive <ul style="list-style-type: none"> • Strengths • Weaknesses • Criteria • Performance • Judge • Identify • decisions 	Topic - creative <ul style="list-style-type: none"> • Effectively • Creativity • Engage • Audience • Respond • Imaginatively • Movements • Sequences • Express 	Topic - physical <ul style="list-style-type: none"> • Sports • Perform • Skills • Consistently • Challenging • Competitive • Fluency • Accuracy • Link • flow 	Topic - health and safety <ul style="list-style-type: none"> • Plan • Follow • Create • Select • Perform • Warm up • Cool down
Year 6	Topic - personal <ul style="list-style-type: none"> • Revise • Critical • Feedback • Opportunities • Recognise • Targets • Cope • React 	Topic-social <ul style="list-style-type: none"> • Involve • Include • Motivate • Negotiate • Collaborate • Cooperate • Guide 	Topic - cognitive <ul style="list-style-type: none"> • Review • Analyse • Evaluate • Recognise • Success • Opponents 	Topic – creative <ul style="list-style-type: none"> • Disguise • Variety • Adapt • Adjust • Skills • Tactics • contrast 	Topic – physical <ul style="list-style-type: none"> • Transfer • Range • Variety • Combinations • Sport specific context • body tension 	Topic - health and safety <ul style="list-style-type: none"> • Fitness plan • Identify • danger