

YWJS PE Vocabulary Progression Document

National Curriculum Key Stage 1:

Children arrive at YWJS having been taught the following KS1 NC.

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games.

National Curriculum Key Stage 2:

Children leave YWJS having been taught the following KS2 NC.

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best.

	Unit	LKS Yr 3	LKS Yr 4	UKS Yr 5	UKS Yr 6
Fitness	Athletics	speed technique power distance strength personal best	stamina stride transfer of weight launch heave official officiate	drive track consistent changeover momentum shot put dominant collaboratively determination	strategy rhythm fling pattern discus grip stance release observing negotiating
Body Movement	Gymnastics	point patch landing position body tension sequence pike shape transition take off tuck	bridge perform fluidly shoulder stand inverted wrist grip	asymmetrical symmetrical transition canon synchronisation bridge cartwheel matching mirroring	formation counter balance execution handstand vault refine

		<ul style="list-style-type: none"> matching contrasting collaborate refine 		<ul style="list-style-type: none"> observe performance 	
	Yoga	<ul style="list-style-type: none"> balance pose flexibility bridge flow control strength wellbeing 	<ul style="list-style-type: none"> breath stable gratitude summer flow yoga flow arm balance 	<ul style="list-style-type: none"> inhale exhale concentrate transition posture maintain quality 	<ul style="list-style-type: none"> salutation engage fluidly lengthen collaborate stable
	Dance	<ul style="list-style-type: none"> formation interact canon explore extend feedback 	<ul style="list-style-type: none"> matching mirroring formation canon unison phrase structure performance 	<ul style="list-style-type: none"> choreography choreograph collaborate transition posture genre 	<ul style="list-style-type: none"> style formation stimulus aesthetic freeze frame inspiration
Invasion	Handball	<ul style="list-style-type: none"> shoulder pass dodge possession opposition tactics free pass 	<ul style="list-style-type: none"> bounce pass chess pass shoulder pass sprinting momentum intercept track delay referee 	<ul style="list-style-type: none"> bounce pass chess pass shoulder pass dribbling dynamic intercept tracking closing down space tournament 	<ul style="list-style-type: none"> bounce pass jump pass shoulder pass dribbling drive shot jump shot maintain dictate determined
	Netball	<ul style="list-style-type: none"> pivot chest pass collide dodge shooter opposition stance obstruction rule umpire 	<ul style="list-style-type: none"> timing decision gain accelerate obstruct throw in corner 	<ul style="list-style-type: none"> bounce pass shoulder pass accelerate sprinting drive marking intercept rebound contact held ball obstruction 	<ul style="list-style-type: none"> footwork achievements ball carrier side step facing ball side turnover consistently tactical positional

				out of court	
Football	possession opposition communicate control intercept invasion receiver teamwork referee	timing decision gain accelerate obstruct throw in corner	maintain salstance communicate close down pressing intercepting compact encourage congratulate	control drag back inside hook outside hook assess react direction fouling strategy perseverance abide	
Rugby	try W hands up pendulum arms agility communicate teamwork try line referee	accelerate gain deny pressure offside onside timing decision obstruct support	ball carrier close down create drive angle backwards pass stance tagging situation react sportsmanship reigning	assess abide ball side turnover consecutive dodging agility sportsmanship	
Hockey	grip agility tactic opposition technique tournament	push pass forehand receiving open stick dribbling reverse stick dribbling accelerating barrier deny rotate possession perseverance	free pass open stick dribbling reverse stick dribbling empathy drive hard opposition open stick tackle channelling	open stick dribbling reverse stick dribbling forehand receiving maintain interceptor ball carrier job tackle open stick tackle reflect	

Net & Wall	Tennis	control rallying forehand backhand court co-operation	reflect swing receiver alternate deny compete	groundstroke non-dominant dominant readjust technique serve volley pressure sportsmanship	placement stance footwork doubles service abide
Striking & Fielding	Cricket	underarm overarm boundary blocking bowled out caught out no ball	underarm overarm no ball bowled out retrieve run out caught out bowled out opposition	close catch deep catch momentum stance backing up long barrier run out caught out bowled out teamwork	appropriate consecutive consistently backing up long barrier assess collaborate
	Rounders	overarm throw strike tracking no-ball caught out stumped out backstop	close/deep catching no-ball wide no-ball body backstop underarm short barrier bowler fielder batter no-ball high no-ball low	close/deep catching overarm throw underarm throw no-ball high no-ball low strike stumping base backstop sportsmanship	close/deep catching overarm throw underarm throw no-ball high no-ball low consistency stumping base staggering tactically
OAA	Orienteering	course navigate symbol thumbing collaborate route tactics	thumbing navigate orientate role control point leader	orienteer memory control flow pre-planning point to point	bearing compass housing bezel bearing trust encourage reflect

Swimming	Swimming	N/A	stroke aerobic back crawl backstroke breaststroke freestyle dolphin length swivel butterfly streamline endurance synchronised propel retrieve continuous unaided treading water	N/A	N/A
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