

Broomwood Primary School- PE Vocabulary and Links to Sports People to Inspire

	Dance	Gymnastics	Games	Athletics	Swimming	OAA	Evaluation	Healthy Lifestyles
Year 1	Compose	Points	Actions	Throw			Improve	Exercise
	Timing	Patches	Throw	High			Feedback	Body
	Gesture	High	Catch	Low				Healthy lifestyle
	Movement	Low	Pass	Skip				
	Dance phrase	Travel	Receive	Aim				
	Choreography	strong (tension)	Bounce	Fast				
	Routine	stretch	Roll	Slow				
	Formation	(extension)	Dribble	Safely				
	Explore	control	Hit	Step				
	Rhythm	Flight	Space	Bounce				
	Performance	Bounce	Move	Jump				
	Perform	Jump	Safety	Hop				
	Music	Flexible	Looking	Repeat				
	Exercise	Balance	stopping	Run				
	Direction	Stretch	control	Target				
	Spinning	Spin	target	Overarm				
	Turning	Shape	aiming	Underarm				
	Warm up	Land	Warm up	Walking				
	Cool down	Wide	Cool down	Jogging				
	Speeds	Narrow	team work	Baton				
	Levels	Curled		Relay				
	Copy	Warm up		Push				
	Watch	Cool down		Take off				
	Describe			Landing				
	Travel							
	Slide							
	Spinning							
Turning								

	Evaluate Rolling Jump Timing Beats							
Inspiring Sports Stars								
	Dance	Gymnastics	Games	Athletics	Swimming	OAA	Evaluation	Healthy Lifestyles
Year 2	Compose Perform Performance Pattern Express Dance phrase Explore Direction Pathways Music Travel Slide Spinning Turning Rolling Jump Spring Speeds Levels Evaluate Tension Control	High Low Travel Slide Rolling Jump Land Flexible Tension Extension Stretch Balance Spin Shape Linking Sequence Technique Warm up Cool down Leap Direction	Throw Catch Pass Receive Bounce Roll Control Dribble Hit Space Move Safety Looking Stopping Evaluate controlling defender attackers Rules Warm up Cool down Calling	Throw High Low Skip Aim Fast Slow Safely Step Bounce Jump Leap Hop Repeat Run Target Overarm Underarm Walking Jogging Accelerate Baton			Improve Feedback	Exercise Body Healthy lifestyle

	Extension Warm up Cool down Timing Beats		Signalling team work	Relay Push Take off Landing Evaluate Improve				
Inspiring Sports Stars								
	Dance	Gymnastics	Games	Athletics	Swimming	OAA	Evaluation	Healthy Lifestyles
Year 3	Turn Gesture Jump Travel Express Explore Mimic Mime Timing Music Flow Movement Patterns Motif Beats Rhythm Machinery Robotic Aesthetic Dynamic	Pathway Flexible Direct Travel Stretch Wide Thin Long Short Curled Roll Jump Levels Speeds Sequence Contrasting Acceleration deceleration Direction forwards	Dribble Send Pass Receive Calling Signalling Space Movement scoring High Low Tactics Space Opponent target throw catch Evaluate feed aiming	Pull Distance Sprint Steady pace Accuracy Height Record Joints Rhythm Measure Underarm Overarm Heart beat Pulse rate Jogging Walk Landing Control Time Obstacles		Listening Instructions Problem-solving Maps Direction Teamwork Trust Symbols Retrace Self-confidence	Improve Feedback Similarities Differences	Exercise Body Healthy lifestyle Warm up Cool down

	Transition Rotation Performance Perform Warm up Cool down Evaluate	backwards sideways co-ordination leap Spin side step tension extension even uneven symmetrical asymmetrical balance	striking hitting Rules Overarm under arm fielding Net games chasing rolling barrier space movement scoring Warm up Cool down team work	Stance Diagonal Approach Speed Relay				
Inspiring Sports Stars								
	Dance	Gymnastics	Games	Athletics	Swimming	OAA	Evaluation	Healthy Lifestyles
Year 4	Unison Flow Choreograph Bouncy Formation Canon Explore Audience Narrative Character	Balance Travel Shape Extension Tension Direction Sliding Rolling Contrasting Communication	High Low Space Opponent target throw catch feed aiming Chest pass	Pull Distance Sprint Steady pace Accuracy Height Record Joints Rhythm Leading leg	Front crawl Back crawl Breaststroke Float, scull Surface diving Pull Push Kick Lie flat, Streamlined	Listening Instructions Problem-solving Maps Direction Teamwork Trust Symbols Retrace Self-confidence	Improve Feedback Similarities Differences	Exercise Body Healthy lifestyle Warm up Cool down

	Transition Mirroring Music Beats Rhythm matching Gestures Performance Perform Warm up Cool down Evaluate Stimuli Improvise	co-operation receiving weight jumping bunny hop leaping cart-wheel twisting turning speeds levels Spin flexibility co-ordination Warm up Cool down	agility push pass Bounce pass Opponent Movement Accurate dodging Control Signalling Evaluate Tactics Overarm under arm Rules Warm up Cool down	Measure Underarm Overarm Heart beat Pulse rate Jogging Walk Hurdles Landing Control Preferred Landing foot Time Stamina Obstacles Stance Diagonal Approach Speed Relay	Breathe Turning Self-rescue			
Inspiring Sports Stars								
	Dance	Gymnastics	Games	Athletics	Swimming	OAA	Evaluation	Healthy Lifestyles
Year 5	Turn Gesture Jump Stillness Travel Expression	Bridges Balance Travel Shape Roll Turn	Chest pass push pass space opponent target	Sprint Team Distance Measure Height Target		Listening Instructions Problem-solving Maps Coordinates Direction	Improve Feedback Similarities Differences Tactics Techniques	Exercise Body Healthy lifestyle Warm up Cool down

	Clarity	Jump	movement	Rhythm		Teamwork		
	Mimic	Slide	accurate	Obstacles		Trust		
	Mime	Levels	control	Leading leg		Symbols		
	Formation	Speed	signalling	Hurdles		Retrace		
	Explore	Direction	balance	Throwing		Self-confidence		
	Relationship	Sequence	strength	Speed		Topographic map		
	Timing	Extension	agility	Accuracy		Leader		
	Music	Tension	Throw	Take off				
	Movement	Strong	Send	Stamina				
	Patterns	contrasting	Receive	Time				
	Motif	communication	Catch	Release				
	Music	leadership	Calling	Performance				
	Beats	Spin	dodging	Accuracy				
	Rhythm	Rotate	Striking	Distance				
	Machinery	Axis	Hitting	Target				
	Performance	Flight	Fielding	Time				
	Perform	Wheel	Chasing	Position				
	Robotic	Spring	Rolling	Measure				
	Action	Leap	Movement	Control				
	Reaction	take-off	team work	Height				
	Warm up	land	Overarm	Run up				
	Cool down	clock wise &	under arm	Hurdles				
	Evaluate	anti clock wise	scoring					
	Improvise	Warm up	Evaluate					
		Cool down	Health					
			Fitness					
			Well-being					
			Tactical					
			Warm up					
			Cool down					

Inspiring Sports Stars								
	Dance	Gymnastics	Games	Athletics	Swimming	OAA	Evaluation	Healthy Lifestyles
Year 6	Turn Gesture Jump stillness travel expression Combine clarity mimic mime Explore timing movement Structure Fluent patterns Music motif music beats Performance Perform rhythm Fitness Health and well-being Warm up Cool down Evaluate	Counter-balance Counter-tension Balance Travel Shape Extension Tension Matching Mirroring contrasting communication leadership Synchronisation Canon Warm up Cool down	Dribble Pass Invasion Signal Receive Tackle Defend Attack Accuracy team work strategy agility space control dodging technique Throw Send Catch Calling Striking Hitting Fielding Chasing Rolling Bowling Overarm under arm	Sprint Team Distance Measure Height Target Pacing Rhythm Obstacles Leading leg Hurdles Throwing Speed Accuracy Take off Stamina Time Trajectory Release Performance Accuracy Take off Distance Target Time Position Measure	Front crawl Back crawl Breaststroke Float, scull Surface diving Pull Push Kick Lie flat, Streamlined Breathe Turning Self-rescue	Listening Instructions Problem-solving Maps Coordinates Direction Teamwork Trust Symbols Retrace Self-confidence Topographic map Leader Verbal Non-verbal	Improve Feedback Similarities Differences Tactics Techniques	Exercise Body Healthy lifestyle Warm up Cool down

	Improvise		space movement scoring Fitness Well-being Evaluate Warm up Cool down	Control Height Run up Hurdles				
Inspiring Sports Stars								