

Vocabulary Progression

Vocabulary for 'Learning Behaviour'	EYFS	Year 1/2 All previous plus:	Year 3/4 All previous plus:	Year 5/6 All previous plus:
Personal	Follow Instructions/rules Practise safely Explore	Keep trying Ask for help when appropriate Challenge Lead and follow Share ideas Discuss (rules) Avoiding Contrasting Partner work	Perform React positively Technique Control Smoothly Achieve Coordination Awareness Alternate Persevere Orientating Experiment Multiple Creative Success Smooth and fluid Review Competition Personal best Dominant and non-dominant Improve	Tactics Strategy Success Adjust Rotate Attacking Defending
Social	Share Take turns Sensibly Explore Listen Copy Remember Choose Perform	Praise Help Encourage Patience Support Weaving Counterbalance Avoid	Listen Cooperate Feedback Perform Adjust Respond Competitive Fluently Select Repeat	Organise Guide Responsibility Specific feedback Develop Teach Synchronise Formations
Physical	Direction Speed Perform Control Confidently Practise Carefully Crouch Lifting and lowering	Skill Level Consistency Discuss and agree	Perform Repeat Sequence Increase Avoid Responsible Observe	Move Link Flow Variety Select and apply Maintain Re-establish

<p>Cognitive</p>	<p>Instructions Rules Follow Understand Listen Carefully Opposite Concentrate Watch Encourage Praise Fast/slow</p>	<p>Movement Skill Similar/different Order Gradually Check Remember Respond</p>	<p>Improve Criteria Judge Explain Recognise Similarities and differences Non-physical and physical Awareness Repeat Creative Control Accuracy Apparatus Fluidly Challenge</p>	<p>Attack Defend Decision making Suggest Successful performance Increase Pre-empt Evaluate Tactics and strategy Review Effective</p>
<p>Creative</p>	<p>Copy Observe Explore Follow Describe</p>	<p>Movements Theme High/Low Respond Compare Rules Variety Activities Repeat Challenge Discuss Revise Perform</p>	<p>Similarities/differences Link Develop Express Effectively Teamwork Agree Dominant/non-dominant Speed/Tempo</p>	<p>Action Respond Imaginatively Opponent Adapt/adjust</p>
<p>Health & Fitness</p>	<p>Body Exercise Aware Feel Important Good health Changes Increased heart rate Strengthen Positive effect on mood</p>	<p>Safety Safety Increased breathing rate Before/during/after Use equipment appropriately Discuss and describe Differences</p>	<p>Warm up/cool down Fitness components - (Strength/Stamina, Aerobic /anaerobic, Speed/flexibility) Regulate Preparation Healthy Explain Stability Record and monitor Clarify Benefits</p>	<p>Identify Planning Pulse Dynamic flexibility Intensity Self-select Long term negative impact Over-competing Inappropriate training Pulse raisers Moderate – vigorous physical activity</p>

Vocabulary for 'Fundamental Movement Skills'	EYFS	Year 1/2 All previous plus:	Year 3/4 All previous plus:	Year 5/6 All previous plus:
Vocabulary to be included and understood through the 12 Fundamental Movement Skills. * Language in this section would all be introduced/used and revisited, but would not be seen as 'core language' where some words/phrases were seen as 'non-negotiable'.	space, stretch, partner, pairs, run, walk, gallop, skip, balance, throw, kick, catch, hit, pass, ball, cone, bean bag, jump, hop, follow, lead, copy, sports, games, rules, move, forwards, backwards, sideways faster, slower, equipment, direction, bounce, push, pull, roll, ball, team, safely, speed, direction travel, fluency, balance, control, tight, rotation	Hopscotch, combine, pivots, opposite, react, fluent, quarter turn, minimum wobble, on/off/across underarm, overarm, passing, control, shoot, score, control, sequence, improve, perform, feedback, skill, independent, equipment, quarter turn	Awareness, support, rules, accuracy, possession, co-ordination, agility, create space, defence/defending, attack/attacking, apparatus, criteria, strength, suppleness, performance, stamina, change of speed/direction, technique, distance, sprint, accuracy, personal best, relay, accelerate, stability, repeatable performance 180 degrees	Forehand, backhand, field, tactics, techniques, dribble, striking, implement, umpire/referee, strategy, support, marking, offside, pitch, court, pressing, pressure, complex sequences, combine, perform, consistency, audience, link, vault, spring, evaluate, control, core, muscles, joints, flexibility, symmetrical, rotation, take-off, dismount, flight, accuracy, techniques, combine, distance, compete, angle of release, centre of gravity, fluidity, perform consistently.