

PE Vocabulary Overview A 2021-22

	Discover	Explore	Create	Discover	Explore	Create
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1 and 2	Real PE Real Gym	Real PE Real Gym	Real PE Real Gym	Real PE Real Gym	Real PE Real Gym	Real PE Real Gym
	Agility, balance, coordination, footwork, static, one-leg, Travel, Walk Jog, Run, Skip, Sprint, Speed, Race	Seated, jumping, landing, Jump, Land, Star jumps, Press-up, Sit-up, Pull-up, Squat	warm up, mirror, fluidity, forwards, backwards, heel, knee, toe sink, stance	Creative, counter-balance, Balance Twist, Spin, Forward roll, Backward roll, Rhythm, Handstand, One-handed, Two-handed, Gymnastics	reaction, response, juggle, coordination,	static, agility, one-leg balance, health, fitness,
Year 3 and 4	Real PE (outdoor) Hockey	Real PE (indoor) Gymnastics	Real PE (indoor) Swimming	Real PE (indoor) Tag Rugby	Real PE (indoor) Rounders	Real PE (outdoor) Athletics
	Stick, grip, pass, tackle, reverse stick, dodge,	Dynamic, static, seated, communication, collaboration, extend, extension, flex	Stroke, breaststroke, front crawl, freestyle, back stoke, skull, front, back	Tackle, onesie, offside, forward pass, interception, penalty, free kick	Posts, stance, grip, fielding, backstop, overarm, underarm, bowling, batting	Stride length, repay batton, javelin, technique, arm drive, alternate,
Year 5	Real PE (outdoor) Hockey	Real PE (indoor) Dance	Real PE (indoor) Swimming/Football	Real PE (indoor) Tag Rugby	Real PE (indoor) OAA	Real PE (outdoor) Athletics
	Indian dribble, reverse stick, v-drag, flick, corner, slalom	Canon, choreograph, chorographical devises, improvisation, repetition, gesture, stillness, motif, contrast.	Stoke, dolphin kick, leg kick, skull, submerge, kick, glide, entry to water, pencil dive, streamlined, float.	Try, lineout, knockout,	collaboration, orienteering, control point, symbol, kabadi, territory, cognitive, problem solving	Stride, triple jump, analyse, evaluate, feedback, body position, baton, follow through.
Year 6	Real PE (outdoor) Basketball	Real PE (indoor) Gymnastics	Real PE (indoor) Tri Golf	Real PE (indoor) Tennis	Real PE (indoor) Rounders/Cricket	Real PE (outdoor) Athletics
	Dribble, double dribble, travelling, chest pass, bounce pass, lay up, crossover	Dynamic, static, vault, synchronised, rhythmic, adjust, adapt, creative, posture, paired	Grip, stance, putt, wedge, chip, par, tee	Ready position, forehand, backhand, grip, serve, net, court, love, deuce.	Stance, wicketkeeper, offside, legside, position, backstop,	Sprint start, blocks, pace, rhythm, accuracy, distance, angle