

Goose Green PE Vocabulary

Strand/ discipline	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	Fast High Jump Low Slow	Balance Control Link Movement Roll Speed Travel Stretch	Shapes Actions Rolls Patterns Control	Transition Strength Flexibility Sequence Flexibility	Pathways Directions Shapes Movements Quality Unison	Competent Compositional Ideas Sequences Speed Direction Change in height	Complex Sequences Symmetry Warm-up Accuracy Consistency Clarity Independently Group-work Flight High Apparatus	Timing Flow Strengths Improvements
Dance	Turn Step Beat Feet	Twist Rhythm Step Curl Join	Feeling Exploring Express Create Develop	Body actions Sequence Finishing positions Starting positions Improve Adapt Unison Levels Cannon Solo Duet Formations	Communicate Explore Characters Improvisation Cannon Accumulation 4 action routine Facial expression Self improve Evaluate	Freeze-frame Transitions Link Slide Roll Unison Formations Cannon Routines Self improve Evaluate Start position Sequencing Movements	Feeling Exploring Express Create Develop	Tension Extension Actions Dynamics Space Relationship Consistency Street Dance 'Hakka' Moves Compose Perform
Athletics			Taking Off Start Stop Arm Movement Power Standing Long Jump Throwing Styles Agility Balance	Lunges Strength Power Accuracy Agility Burn Stamina Preserve Tally Develop	Agility Power Speed Track Force Distance Curve Accelerate Hurdles Pull	Track Force Distance Curve Accelerate Hurdles Foam Javelins Vortex Howler Bounce	Bounce Relay Baton Targets Record Set Take Over Pass Sustain Push	Trajectory Sprint Shuttle

Strand/ discipline	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
			Coordination Skills Compete	Lap Cooperate Compete	Record Pace Approach Combine	Target Take Off Sling Accuracy Exchange	Receive Hop-step-jump	
Ball skills with hands: Catching/ throwing /games	Roll	Roll Carry	Throwing Rolling Agility Hit Self-feed Retrieve Collaborative Collect	Head up Control Eyes focused on ball Ready position Fingers spread to catch Teamwork	Passing Catching Attacking Overarm Push-pass	Head up Awareness (of others) Follow through Support player with the ball Movement into space Types of pass: bounce pass, chest pass, overhead pass Pass and move into space Pass quickly Communication Tactics	Attacking Defending Passing Power Distance Backwards pass Defend Attack Tactics Compete Collaborate Footwork Foul Free Pass Pivot	Double bounce Marking the pass Marking the shot Rebounds Knocking the ball Attacker Defender
Ball skills using a stick/ bat/ racket				Throwing Moving with a ball Racket and ball Bounce Swing Racket control	Ready positions Underarm Serve Service Backhand shot Rally Boundaries	Forehand Backhand volley Serve positions Zones Directing Conditioned Game Intercepting Isolation Pull Shot Ground ball Overarm bowling Run Singles	Service rules Volley overhead Singles Doubles Defensive shot Flexibility Overarm bowling Run-up Short Throw Start Sprints Wicket Accuracy	Urgency Acquire High Ball Tracking Short Delivery Long Balls On Drive Off Drive Slip Short Leg Cover Innings Retires

Strand/ discipline	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Ball skills using feet			Goalkeeping Position Pass Forwards Move Forwards moving after passing Throwing Intercepting early Decisions	Passing Accurately Moving with the Ball Coordinate hands Coordinate feet Progress forward Goalkeeping Position Invasion Interception		Control Receive Passing Trapping Marking Attacking Defensive tackling Dribbling Distance Evaluate Improvement	Recognise space Maintain space Travel quickly Receive Shoot Turning Control	Drills Attack Defend Team performances Plan Covering Attacker Defender Attacking set play Deny space Shoot Speed rebounds Penalty