



PE Vocabulary Progression

	Year 3	Year 4	Year 5	Year 6
Football	Dribble Space Control Turn Hook Attacker Defender Accuracy Strike Shooting Pass Constructive Criticism	Opponent Evading Agility Dodging Tackle Strike Accuracy Power	Angle and passing channel Penetration Non-kicking foot Communicate Decisions Options Diamond Positive Encouragement	Disciplined Cooperatively Balanced Delay Compact Direct Route Transferring Change Speed
hockey	Dribble Push pass Open stick	Lock and key grip Drag Slap pass Defender tactic	Transfer weight Jab tackle Channeling Technique pressure	Possession Goal side Cover Crowd out Defensive half Attacking half
Basketball	Basket Friendly passes Receiving Protect Travel position	Balls of feet Bouncing colliding	Triple threat Finger tips Square to target Stride stop Jump stop Weight of pass	Pivot BEEF - balance, eyes on target, elbows, follow through
Netball	Scanning Peripheral vision Attack Defend intercept	Statically Landing foot Sprinting Large strides	Opposite foot Pivot Man mark	Allocated Eye contact Ball carrier footwork
Tag Rugby	Improvement Close down an attacker Body position	Lateral pass Vacant space Side step	Stance Engage player Create space	Accelerate Commit the defender

	tagging	Dummy Directional information Reaction speed Under pressure		
Gym	Straddle Pike Crouch Tuck Shoulder stand Backward roll Teddy roll Sequence Y balance Arabesque Headstand Counter balance handstand	Vault Broad jump Front support	Cartwheel Circuit Squat incorporate	Stable core
Dance	Rhythm Rhythmic pattern Counts Repetitive Sequence Dynamics performance	Cumulative Gestures Freestyle Levels Facial expressions Exaggerate Portray character Narrative Charades Stimulus Unison canon	Retrograde Fluency Precision Contrasting complexity	Scale Slide Motif refine
Tennis	Rally Feed Backhand Forehand Groundstrokes	Rotate Swing Align Serve	Non-dominant Specified depth Manoeuvre Defensive shot	Execute Volley Stationary
Cricket	Hands Accuracy Quality Feedback Positive Improvement		Backing up Minimise Catch Throw Target Shot selection	

	Batting bowling		maximise	
Athletics	Jumping Technique Target Distance Height Speed Controlled	Generate power	Hopping Bounding Leaping trajectory	Pace Explosive leg drive
Rounders	Batter Bowler Horizontal rotation Strike Increase direction	Cushion Self-feed Contact End zone	Momentum	Boundary Gamble

Sourced from Mertons PE