

# Physical Education Vocabulary

Year 1	
Sport/Activity	Vocabulary
Gymnastics	<ul style="list-style-type: none"> <li>• <b>Stretch</b></li> <li>• <b>Travel</b></li> <li>• <b>Roll</b> (log/pencil or egg)</li> <li>• <b>Balance</b> (5 Patch balances: Back, Front, Shoulder, Side, Bottom)</li> <li>• <b>Jump</b> (straight or shape)</li> <li>• <b>Gymnastic shapes</b> (Tuck, Pike, Straddle, Star, Dish &amp; Arch)</li> <li>• <b>Equipment/Apparatus</b> (ball, hoop, beam, table, mat)</li> <li>• <b>Sequence</b></li> <li>• <b>Performance</b></li> </ul>
Invasion Games	<ul style="list-style-type: none"> <li>• <b>Attack</b></li> <li>• <b>Defend</b></li> <li>• <b>Shoot/Hit/Throw</b></li> <li>• <b>Catch</b></li> <li>• <b>Travel</b></li> <li>• <b>Pass</b></li> <li>• <b>Receive</b></li> <li>• <b>Space, Time/Task, Equipment, People</b> (STEP MODEL - Differentiation)</li> </ul>
Dance	<ul style="list-style-type: none"> <li>• <b>Travel and Stillness</b> (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)</li> <li>• <b>Direction</b> (forwards, backwards, sideways)</li> <li>• <b>Space</b> (near, far, in and out, on the spot, own)</li> <li>• <b>Sequence</b> (beginning, middle, end)</li> <li>• <b>Moods and feelings</b> (expressive qualities) (jolly, stormy)</li> <li>• <b>Nature of movement</b> (dynamic qualities) (fast, strong, gentle)</li> <li>• <b>Balance</b></li> <li>• <b>Coordination</b></li> </ul>
Co-operation games	<ul style="list-style-type: none"> <li>• <b>Teamwork/team building</b></li> <li>• <b>Communication/talking</b></li> <li>• <b>Trust</b></li> <li>• <b>Problems/problem solving</b></li> <li>• <b>Solutions</b></li> <li>• <b>Space, Time/Task, Equipment, People</b> (STEP MODEL - Differentiation)</li> </ul>
Rhythmic dance	<ul style="list-style-type: none"> <li>• <b>Travel and Stillness</b> (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)</li> <li>• <b>Direction</b> (forward, backwards, sideways)</li> <li>• <b>Space</b> (near, far, in and out, on the spot, own)</li> <li>• <b>Sequence</b> (beginning, middle, end)</li> <li>• <b>Moods and feelings</b> (expressive qualities) (jolly, stormy)</li> <li>• <b>Nature of movement</b> (dynamic qualities) (fast, strong, gentle)</li> <li>• <b>Equipment - balls, hoops, ribbons</b></li> </ul>
Chasing and fleeing	<ul style="list-style-type: none"> <li>• <b>Tag/IT</b></li> <li>• <b>Tactics</b></li> <li>• <b>Evading opponents</b></li> <li>• <b>Reaching opponents</b></li> <li>• <b>Trapping</b></li> <li>• <b>Sending/reacting to misleading signals</b></li> <li>• <b>Space, Time/Task, Equipment, People</b> (STEP MODEL - Differentiation)</li> </ul>
Target Games	<ul style="list-style-type: none"> <li>• <b>Score</b></li> <li>• <b>Shoot/Hit/Throw</b></li> <li>• <b>Judging distance</b></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Protect the shot</b></li> <li>• <b>Prevent the points/goals</b></li> <li>• <b>Tactics</b></li> <li>• <b>Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)</b></li> </ul>
Net and Wall Games	<ul style="list-style-type: none"> <li>• <b>Shoot/Hit/Throw</b></li> <li>• <b>Attack</b></li> <li>• <b>Over the net</b></li> <li>• <b>Create space on offence</b></li> <li>• <b>Reduce space on offence</b></li> <li>• <b>Tactics</b></li> <li>• <b>Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)</b></li> </ul>
OAA Outdoor Adventurous Activities	<ul style="list-style-type: none"> <li>• <b>Orienteering</b> (positional language)</li> <li>• <b>Map skills</b> (compass, symbols)</li> <li>• <b>Communication</b></li> <li>• <b>Confidence/self-esteem</b></li> <li>• <b>Strength/Agility</b></li> <li>• <b>Balance/Coordination</b></li> <li>• <b>Personal barriers</b></li> <li>• <b>Perseverance</b></li> <li>• <b>Determination</b></li> <li>• <b>Risk-taking</b></li> </ul>
Striking and Fielding	<ul style="list-style-type: none"> <li>• <b>Batting</b></li> <li>• <b>Fielding</b></li> <li>• <b>Defending</b></li> <li>• <b>Attacking</b></li> <li>• <b>Teams</b></li> <li>• <b>Bowl/Throw</b></li> <li>• <b>Backstop</b></li> <li>• <b>Catch</b></li> <li>• <b>Run</b></li> <li>• <b>Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)</b></li> </ul>
Personal Challenges	<ul style="list-style-type: none"> <li>• <b>Resilience</b></li> <li>• <b>Various Techniques</b></li> <li>• <b>Effectiveness</b></li> <li>• <b>Personal Best (PB)</b></li> </ul>
Athletics	<ul style="list-style-type: none"> <li>• <b>Run, Jump, Throw</b></li> <li>• <b>Speed</b></li> <li>• <b>Height</b></li> <li>• <b>Distance</b></li> <li>• <b>Accuracy</b></li> <li>• <b>Fitness, Health/Wellbeing</b></li> <li>• <b>Equipment</b> – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc</li> </ul>
<b>Year 2</b>	
Gymnastics	<ul style="list-style-type: none"> <li>• <b>Stretch/Flexibility</b></li> <li>• <b>Travel</b></li> <li>• <b>Roll</b> (log/pencil or egg)</li> <li>• <b>Patch Balance</b> ( Back, Front, Shoulder, Side, Bottom)</li> <li>• <b>Point Balance</b> (hand, feet, elbows, knees &amp; head)</li> <li>• <b>Jump</b> (straight or shape)</li> <li>• <b>Gymnastic shapes</b> (Tuck, Pike, Straddle, Star, Dish &amp; Arch)</li> <li>• <b>Equipment/Apparatus</b> (ball, hoop, beam, table, mat)</li> <li>• <b>Sequence</b></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Performance</b></li> </ul>
Invasion Games	<ul style="list-style-type: none"> <li>• <b>Attack</b></li> <li>• <b>Defend</b></li> <li>• <b>Shoot/Hit/Throw</b></li> <li>• <b>Catch</b></li> <li>• <b>Travel</b></li> <li>• <b>Pass</b></li> <li>• <b>Receive</b></li> <li>• <b>Tactics</b></li> <li>• <b>Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)</b></li> </ul>
Dance	<ul style="list-style-type: none"> <li>• <b>Travel and Stillness</b> (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)</li> <li>• <b>Direction</b> (forwards, backwards, sideways)</li> <li>• <b>Space</b> (near, far, in and out, on the spot, own)</li> <li>• <b>Sequence</b> (beginning, middle, end)</li> <li>• <b>Moods and feelings</b> (expressive qualities) (jolly, stormy)</li> <li>• <b>Nature of movement</b> (dynamic qualities) (fast, strong, gentle)</li> </ul>
Co-operation games	<ul style="list-style-type: none"> <li>• <b>Teamwork/team building</b></li> <li>• <b>Communication/talking</b></li> <li>• <b>Trust</b></li> <li>• <b>Problems/problem solving</b></li> <li>• <b>Solutions</b></li> <li>• <b>Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)</b></li> </ul>
Rhythmic dance/gym	<ul style="list-style-type: none"> <li>• <b>Travel and Stillness</b> (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)</li> <li>• <b>Direction</b> (forward, backwards, sideways)</li> <li>• <b>Space</b> (near, far, in and out, on the spot, own)</li> <li>• <b>Sequence</b> (beginning, middle, end)</li> <li>• <b>Moods and feelings</b> (expressive qualities) (jolly, stormy)</li> <li>• <b>Nature of movement</b> (dynamic qualities) (fast, strong, gentle)</li> <li>• <b>Equipment - balls, hoops, ribbons</b></li> </ul>
Chasing and fleeing	<ul style="list-style-type: none"> <li>• <b>Tag/IT</b></li> <li>• <b>Tactics</b></li> <li>• <b>Evading opponents</b></li> <li>• <b>Reaching opponents</b></li> <li>• <b>Trapping</b></li> <li>• <b>Sending/reacting to misleading signals</b></li> <li>• <b>Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)</b></li> </ul>
Target Games	<ul style="list-style-type: none"> <li>• <b>Score</b></li> <li>• <b>Shoot/Hit/Throw</b></li> <li>• <b>Judging distance</b></li> <li>• <b>Protect the shot</b></li> <li>• <b>Prevent the points/goals</b></li> <li>• <b>Tactics</b></li> <li>• <b>Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)</b></li> </ul>
Net and Wall Games	<ul style="list-style-type: none"> <li>• <b>Shoot/Hit/Throw</b></li> <li>• <b>Attack</b></li> <li>• <b>Over the net</b></li> <li>• <b>Create space on offence</b></li> <li>• <b>Reduce space on offence</b></li> <li>• <b>Tactics</b></li> <li>• <b>Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)</b></li> </ul>
OAA	<ul style="list-style-type: none"> <li>• <b>Orienteering</b> (positional language)</li> <li>• <b>Map skills</b> (compass, symbols)</li> </ul>

Outdoor Adventurous Activities	<ul style="list-style-type: none"> <li>• Communication</li> <li>• Confidence/self-esteem</li> <li>• Strength/Agility</li> <li>• Balance/Coordination</li> <li>• Personal barriers</li> <li>• Perseverance</li> <li>• Determination</li> <li>• Risk-taking</li> </ul>
Striking and Fielding	<ul style="list-style-type: none"> <li>• Batting</li> <li>• Fielding</li> <li>• Defending</li> <li>• Attacking</li> <li>• Teams</li> <li>• Bowl/Throw</li> <li>• Backstop</li> <li>• Catch</li> <li>• Run</li> <li>• Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)</li> </ul>
Personal Challenges	<ul style="list-style-type: none"> <li>• Resilience</li> <li>• Beat your previous goal</li> <li>• Various Techniques</li> <li>• Effectiveness</li> <li>• Personal Best (PB)</li> </ul>
Athletics	<ul style="list-style-type: none"> <li>• Run, Jump, Throw</li> <li>• Speed</li> <li>• Height</li> <li>• Distance</li> <li>• Accuracy</li> <li>• Fitness, Health/Wellbeing</li> <li>• Equipment - hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc</li> </ul>
<b>Year 3</b>	
Gymnastics	<ul style="list-style-type: none"> <li>• Stretch/Flexibility</li> <li>• Travel (2→1 foot leap &amp; cat leap)</li> <li>• Roll (log/pencil, egg &amp; shoulder roll)</li> <li>• Patch Balance ( Back, Front, Shoulder, Side, Bottom)</li> <li>• Point Balance (hand, feet, elbows, knees, head &amp; arabesque)</li> <li>• Jump (straight, shape, hop &amp; leap)</li> <li>• Gymnastic shapes (Tuck, Pike, Straddle, Star, Dish &amp; Arch)</li> <li>• Equipment/Apparatus (ball, hoop, beam, table, mat)</li> <li>• Sequence</li> <li>• Performance</li> </ul>
Invasion Games	<ul style="list-style-type: none"> <li>• Attack</li> <li>• Defend (opponents)</li> <li>• Shoot/Hit/Throw (accurately)</li> <li>• Travel (and remain in control of the ball)</li> <li>• Pass/send</li> <li>• Catch/Receive</li> <li>• Tactics</li> <li>• Possession (adapt techniques to keep it)</li> <li>• Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)</li> </ul>
Dance	<ul style="list-style-type: none"> <li>• Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Direction</b> (forwards, backwards, sideways)</li> <li>• <b>Space</b> (near, far, in and out, on the spot, own)</li> <li>• <b>Sequence</b> (beginning, middle, end)</li> <li>• <b>Moods and feelings</b> (expressive qualities) (jolly, stormy)</li> <li>• <b>Nature of movement</b> (dynamic qualities) (fast, strong, gentle)</li> </ul>
Co-operation games	<ul style="list-style-type: none"> <li>• <b>Teamwork/team building</b></li> <li>• <b>Communication/talking</b></li> <li>• <b>Trust</b></li> <li>• <b>Problems/problem solving</b></li> <li>• <b>Solutions</b></li> <li>• <b>Space, Time/Task, Equipment, People</b>(STEP MODEL - Differentiation)</li> </ul>
Cheerleading	<ul style="list-style-type: none"> <li>• <b>Routines</b></li> <li>• <b>Jump</b></li> <li>• <b>Dismount</b></li> <li>• <b>High V, Low V</b></li> <li>• <b>Ready position</b></li> <li>• <b>Pom-Poms/Ribbons</b></li> <li>• <b>Gymnastic shapes - Tuck/Straddle</b></li> </ul>
Chasing and fleeing	<ul style="list-style-type: none"> <li>• <b>Tag/IT</b></li> <li>• <b>Tactics</b></li> <li>• <b>Evading opponents</b></li> <li>• <b>Reaching opponents</b></li> <li>• <b>Trapping</b></li> <li>• <b>Sending/reacting to misleading signals</b></li> <li>• <b>Space, Time/Task, Equipment, People</b> (STEP MODEL - Differentiation)</li> </ul>
Target Games	<ul style="list-style-type: none"> <li>• <b>Score</b></li> <li>• <b>Shoot/Hit/Throw</b></li> <li>• <b>Judging distance</b></li> <li>• <b>Protect the shot</b></li> <li>• <b>Prevent the points/goals</b></li> <li>• <b>Tactics</b></li> <li>• <b>Space, Time/Task, Equipment, People</b> (STEP MODEL - Differentiation)</li> </ul>
Net and Wall Games	<ul style="list-style-type: none"> <li>• <b>Shoot/Hit/Throw/Serve</b></li> <li>• <b>Attack</b></li> <li>• <b>Over the net</b></li> <li>• <b>Create space on offence</b></li> <li>• <b>Reduce space on offence</b></li> <li>• <b>Tactics</b></li> <li>• <b>Rally</b></li> <li>• <b>Drop shot</b></li> <li>• <b>Umpire</b></li> <li>• <b>Volley</b></li> <li>• <b>Space, Time/Task, Equipment, People</b> (STEP MODEL - Differentiation)</li> </ul>
OAA Outdoor Adventurous Activities	<ul style="list-style-type: none"> <li>• <b>Orienteering</b> (positional language)</li> <li>• <b>Map skills</b> (compass, symbols, contours)</li> <li>• <b>Communication</b></li> <li>• <b>Confidence/self-esteem</b></li> <li>• <b>Strength/Agility</b></li> <li>• <b>Balance/Coordination</b></li> <li>• <b>Personal barriers</b></li> <li>• <b>Perseverance</b></li> <li>• <b>Determination</b></li> <li>• <b>Risk-taking</b></li> </ul>

Striking and Fielding	<ul style="list-style-type: none"> <li>• Batting</li> <li>• Fielding</li> <li>• Defending</li> <li>• Attacking</li> <li>• Teams</li> <li>• Bowl/Throw</li> <li>• Backstop</li> <li>• Catch</li> <li>• Run</li> <li>• <b>Space, Time/Task, Equipment, People</b> (STEP MODEL - Differentiation)</li> </ul>
Personal Challenges	<ul style="list-style-type: none"> <li>• Resilience</li> <li>• Beat your previous goal</li> <li>• Various Techniques</li> <li>• Competence</li> <li>• Effectiveness</li> <li>• Personal Best (PB)</li> </ul>
Athletics	<ul style="list-style-type: none"> <li>• Run, Jump, Throw</li> <li>• Speed</li> <li>• Height</li> <li>• Distance</li> <li>• Accuracy</li> <li>• Fitness, Health/Wellbeing</li> <li>• Equipment - hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc</li> </ul>
<b>Year 4</b>	
Gymnastics	<ul style="list-style-type: none"> <li>• <b>Stretch/Flexibility</b></li> <li>• <b>Travel</b> (Stag leap, scissor leap, cat leap &amp; backwards)</li> <li>• <b>Roll</b> (log/pencil, egg, shoulder &amp; teddy bear roll))</li> <li>• <b>Patch Balance</b> ( Back, Front, Shoulder, Side, Bottom, symmetrical &amp; asymmetrical))</li> <li>• <b>Point Balance</b> (hand, feet, elbows, knees, head &amp; arabesque)</li> <li>• <b>Jump</b> (straight jump, shape jump-star/tuck/stretch, jump <math>\frac{1}{4}</math> turn and jump <math>\frac{1}{2}</math> )</li> <li>• <b>Gymnastic shapes</b> (Tuck, Pike, Straddle, Star, Dish &amp; Arch)</li> <li>• <b>Equipment/Apparatus</b> (ball, hoop, beam, table, mat)</li> <li>• <b>Sequence</b></li> <li>• <b>Performance</b></li> </ul>
Invasion Games	<ul style="list-style-type: none"> <li>• <b>Attack</b></li> <li>• <b>Defend</b> (opponents)</li> <li>• <b>Shoot/Hit/Throw</b> accurately (in a variety of ways)</li> <li>• <b>Travel</b> (changing speed, direction and remain in control of the ball)</li> <li>• <b>Pass/send</b></li> <li>• <b>Catch/Receive</b></li> <li>• <b>Tactics</b> ( what is needed to practice, enjoy or develop the game)</li> <li>• <b>Possession</b> (adapt techniques to keep it)</li> <li>• <b>Evaluate</b> performance to improve</li> <li>• <b>Space, Time/Task, Equipment, People</b>(STEP MODEL - Differentiation)</li> </ul>
Dance	<ul style="list-style-type: none"> <li>• <b>Travel and Stillness</b> (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)</li> <li>• <b>Direction</b> (forwards, backwards, sideways)</li> <li>• <b>Space</b> (near, far, in and out, on the spot, own)</li> <li>• <b>Sequence</b> (beginning, middle, end)</li> <li>• <b>Moods and feelings</b> (expressive qualities) (jolly, stormy)</li> <li>• <b>Nature of movement</b> (dynamic qualities) (fast, strong, gentle)</li> </ul>

Co-operation games	<ul style="list-style-type: none"> <li>• Teamwork/team building</li> <li>• Communication/talking</li> <li>• Trust</li> <li>• Problems/problem solving</li> <li>• Solutions</li> </ul>
Yoga	<ul style="list-style-type: none"> <li>• Flexibility</li> <li>• Agility</li> <li>• Co-ordination</li> <li>• Poses (poster → crab, dolphin, hero, flamingo)</li> <li>• Calm/tranquil relaxation</li> <li>• Inhale/Exhale</li> </ul>
Chasing and fleeing	<ul style="list-style-type: none"> <li>• Tag/IT</li> <li>• Tactics</li> <li>• Evading opponents</li> <li>• Reaching opponents</li> <li>• Trapping</li> <li>• Sending/reacting to misleading signals</li> <li>• Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)</li> </ul>
Target Games	<ul style="list-style-type: none"> <li>• Score</li> <li>• Shoot/Hit/Throw</li> <li>• Judging distance</li> <li>• Protect the shot</li> <li>• Prevent the points/goals</li> <li>• Tactics</li> <li>• Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)</li> </ul>
Net and Wall Games	<ul style="list-style-type: none"> <li>• Shoot/Hit/Throw/Serve</li> <li>• Attack</li> <li>• Over the net</li> <li>• Create space on offence</li> <li>• Reduce space on offence</li> <li>• Tactics</li> <li>• Rally</li> <li>• Drop shot</li> <li>• Umpire</li> <li>• Volley</li> <li>• Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)</li> </ul>
Swimming	<ul style="list-style-type: none"> <li>• Strokes (freestyle, front crawl, back crawl, butterfly, breast stroke)</li> <li>• Dolphin technique</li> <li>• Body Position (hips &amp; legs high so children are streamlined and the body has increased resistance)</li> <li>• Breathing</li> <li>• Deep water</li> <li>• Water safety</li> <li>• Confidence</li> <li>• Forward roll/Backward roll</li> </ul>
Striking and Fielding	<ul style="list-style-type: none"> <li>• Batting</li> <li>• Fielding</li> <li>• Defending</li> <li>• Attacking</li> <li>• Teams</li> <li>• Bowl/Throw</li> <li>• Backstop</li> <li>• Catch</li> <li>• Run</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Space, Time/Task, Equipment, People</b> (STEP MODEL - Differentiation)</li> </ul>
Athletics	<ul style="list-style-type: none"> <li>• <b>Run, Jump, Throw</b></li> <li>• <b>Speed</b></li> <li>• <b>Height</b></li> <li>• <b>Distance</b></li> <li>• <b>Accuracy</b></li> <li>• <b>Fitness, Health/Wellbeing</b></li> <li>• <b>Equipment</b> - hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc</li> </ul>
<b>Year 5</b>	
Gymnastics	<ul style="list-style-type: none"> <li>• <b>Stretch/Flexibility</b></li> <li>• <b>Travel</b> (Spinning on point, Spinning with travel &amp; cartwheel)</li> <li>• <b>Roll</b> (log/pencil, egg, shoulder, teddy bear roll &amp; forward roll)</li> <li>• <b>Balance</b> ( point, patch, mirror and match &amp; counter balance)</li> <li>• <b>Jump</b> (straight jump, shape jump-star/tuck/stretch, jump <math>\frac{1}{4}</math> turn, jump <math>\frac{1}{2}</math> turn, hopscotch and compass )</li> <li>• <b>Gymnastic shapes</b> (Tuck, Pike, Straddle, Star, Dish &amp; Arch)</li> <li>• <b>Equipment/Apparatus</b> (ball, hoop, beam, table, mat)</li> <li>• <b>Sequence</b></li> <li>• <b>Performance</b></li> </ul>
Football	<ul style="list-style-type: none"> <li>• <b>Attack</b></li> <li>• <b>Defend/Defender</b></li> <li>• <b>Possession</b></li> <li>• <b>Centre pass</b></li> <li>• <b>Dribble</b></li> <li>• <b>Corner/Goal Kick</b></li> <li>• <b>Formation</b></li> <li>• <b>Foul/Penalty</b></li> <li>• <b>Hand ball</b></li> </ul>
Dance	<ul style="list-style-type: none"> <li>• <b>Travel and Stillness</b> (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)</li> <li>• <b>Direction</b> (forwards, backwards, sideways)</li> <li>• <b>Space</b> (near, far, in and out, on the spot, own)</li> <li>• <b>Sequence</b> (beginning, middle, end)</li> <li>• <b>Moods and feelings</b> (expressive qualities) (jolly, stormy)</li> <li>• <b>Nature of movement</b> (dynamic qualities) (fast, strong, gentle)</li> </ul>
Hockey	<ul style="list-style-type: none"> <li>• <b>Hockey stick</b> (flat side) (<i>lifted no higher than shoulder height</i>)</li> <li>• <b>Pitch</b></li> <li>• <b>Team</b></li> <li>• <b>Hit/Pass/Push/Dribble</b></li> <li>• <b>Attackers/Defenders/Midfielders</b></li> <li>• <b>Goal/shoot</b></li> <li>• <b>Obstruction</b></li> </ul>
Strictly	<ul style="list-style-type: none"> <li>• <b>Travel and Stillness</b> (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)</li> <li>• <b>Direction</b> (forwards, backwards, sideways)</li> <li>• <b>Space</b> (near, far, in and out, on the spot, own)</li> <li>• <b>Sequence</b> (beginning, middle, end)</li> <li>• <b>Moods and feelings</b> (expressive qualities) (jolly, stormy)</li> <li>• <b>Nature of movement</b> (dynamic qualities) (fast, strong, gentle)</li> <li>• <b>Equipment</b> → balls, hoops, ribbons</li> </ul>



Rugby (TAG)	<ul style="list-style-type: none"> <li>• Tag (removal of the Velcro tag belt)</li> <li>• Goal line</li> <li>• Touchline</li> <li>• Scoring a try</li> <li>• Free pass</li> <li>• Knock on</li> <li>• Offside</li> </ul>
Target Games	<ul style="list-style-type: none"> <li>• Shoot/Hit/Throw</li> <li>• Judging distance</li> <li>• Protect the shot</li> <li>• Prevent the points/goals</li> <li>• Tactics</li> <li>• Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)</li> </ul>
Netball	<ul style="list-style-type: none"> <li>• High-Five</li> <li>• Attack</li> <li>• Defence</li> <li>• Shoot/Shot</li> <li>• Positions (GK, GD, GS, GA, WD, WS,C)</li> <li>• Off-side</li> <li>• Centre circle</li> <li>• 3-feet distance</li> <li>• Footwork</li> </ul>
OAA Outdoor Adventurous Activities	<ul style="list-style-type: none"> <li>• Orienteering (positional language)</li> <li>• Map skills (compass, symbols, contours)</li> <li>• Communication</li> <li>• Confidence/self-esteem</li> <li>• Strength/Agility</li> <li>• Balance/Coordination</li> <li>• Personal barriers</li> <li>• Perseverance</li> <li>• Determination</li> <li>• Risk-taking</li> </ul>
Kwik Cricket	<ul style="list-style-type: none"> <li>• Bats &amp; Balls</li> <li>• Stumps/Wickets</li> <li>• Fielders</li> <li>• Bowlers &amp; Batters</li> <li>• Underarm throw (10m)</li> <li>• Scores/Runs</li> </ul>
Personal Challenges	<ul style="list-style-type: none"> <li>• Resilience</li> <li>• Beat your previous goal</li> <li>• Various Techniques</li> <li>• Competence</li> <li>• Effectiveness</li> <li>• Personal Best (PB)</li> </ul>
Athletics	<ul style="list-style-type: none"> <li>• Run, Jump, Throw</li> <li>• Speed</li> <li>• Height</li> <li>• Distance</li> <li>• Accuracy</li> <li>• Fitness, Health/Wellbeing</li> <li>• Equipment – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc</li> </ul>

Year 6	
Gymnastics	<ul style="list-style-type: none"> <li>• <b>Stretch/Flexibility</b></li> <li>• <b>Travel</b> (Stepping sideways, spinning on point, spinning with travel, 2→1 footleap, cat leap, scissor leap, stag leap &amp; backwards)</li> <li>• <b>Roll</b> (log/pencil, egg, shoulder, teddy bear roll &amp; forward roll)</li> <li>• <b>Balance</b> ( point, patch, mirror and match &amp; counter balance)</li> <li>• <b>Jump</b> (straight jump, shape jump-star/tuck/stretch, jump <math>\frac{1}{4}</math> turn, jump <math>\frac{1}{2}</math> turn, hopscotch and compass )</li> <li>• <b>Gymnastic shapes</b> (Tuck, Pike, Straddle, Star, Dish &amp; Arch)</li> <li>• <b>Equipment/Apparatus</b> (ball, hoop, beam, table, mat)</li> <li>• <b>Sequence</b></li> <li>• <b>Performance</b></li> </ul>
Football	<ul style="list-style-type: none"> <li>• <b>Attack</b></li> <li>• <b>Defend/Defender</b></li> <li>• <b>Possession</b></li> <li>• <b>Centre pass</b></li> <li>• <b>Dribble</b></li> <li>• <b>Corner/Goal Kick</b></li> <li>• <b>Formation</b></li> <li>• <b>Foul/Penalty</b></li> <li>• <b>Hand ball</b></li> </ul>
Dance	<ul style="list-style-type: none"> <li>• <b>Travel and Stillness</b> (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)</li> <li>• <b>Direction</b> (forwards, backwards, sideways)</li> <li>• <b>Space</b> (near, far, in and out, on the spot, own)</li> <li>• <b>Sequence</b> (beginning, middle, end)</li> <li>• <b>Moods and feelings</b> (expressive qualities) (jolly, stormy)</li> <li>• <b>Nature of movement</b> (dynamic qualities) (fast, strong, gentle)</li> <li>• <b>Agility/Agile</b></li> <li>• <b>Fitness</b></li> <li>• <b>Balance/Coordination</b></li> </ul>
Hockey	<ul style="list-style-type: none"> <li>• <b>Hockey stick</b> (flat side) (<i>lifted no higher than shoulder height</i>)</li> <li>• <b>Pitch</b></li> <li>• <b>Team</b></li> <li>• <b>Hit/Pass/Push/Dribble</b></li> <li>• <b>Attackers/Defenders/Midfielders</b></li> <li>• <b>Goal/shoot</b></li> <li>• <b>Obstruction</b></li> </ul>
Sport Theme Dance	<ul style="list-style-type: none"> <li>• <b>Travel and Stillness</b> (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)</li> <li>• <b>Direction</b> (forwards, backwards, sideways)</li> <li>• <b>Space</b> (near, far, in and out, on the spot, own)</li> <li>• <b>Sequence</b> (beginning, middle, end)</li> <li>• <b>Moods and feelings</b> (expressive qualities) (jolly, stormy)</li> <li>• <b>Nature of movement</b> (dynamic qualities) (fast, strong, gentle)</li> <li>• <b>Equipment → balls, hoops, ribbons</b></li> </ul>
Rugby (TAG)	<ul style="list-style-type: none"> <li>• <b>Tag</b> (removal of the Velcro tag belt)</li> <li>• <b>Goal line</b></li> <li>• <b>Touchline</b></li> <li>• <b>Scoring a try</b></li> <li>• <b>Free pass</b></li> <li>• <b>Knock on</b></li> <li>• <b>Offside</b></li> </ul>

Target Games	<ul style="list-style-type: none"> <li>• Shoot/Hit/Throw</li> <li>• Judging distance</li> <li>• Protect the shot</li> <li>• Prevent the points/goals</li> <li>• Tactics</li> <li>• Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)</li> </ul>
Netball	<ul style="list-style-type: none"> <li>• High-Five</li> <li>• Attack</li> <li>• Defence</li> <li>• Shoot/Shot</li> <li>• Positions (GK, GD, GS, GA, WD, WS,C)</li> <li>• Off-side</li> <li>• Centre circle</li> <li>• 3-feet distance</li> <li>• Footwork</li> </ul>
Swimming/OAA Outdoor Adventurous Activities	<ul style="list-style-type: none"> <li>• Orienteering (positional language)</li> <li>• Map skills (compass, symbols, contours, grid reference, coordinates)</li> <li>• Communication</li> <li>• Confidence/self-esteem</li> <li>• Strength/Agility</li> <li>• Balance/Coordination</li> <li>• Personal barriers</li> <li>• Perseverance</li> <li>• Determination</li> <li>• Risk-taking</li> </ul>
Kwik Cricket	<ul style="list-style-type: none"> <li>• Bats &amp; Balls</li> <li>• Stumps/Wickets</li> <li>• Fielders</li> <li>• Bowlers &amp; Batters</li> <li>• Underarm throw (10m)</li> <li>• Scores/Runs</li> </ul>
Personal Challenges	<ul style="list-style-type: none"> <li>• Resilience</li> <li>• Beat your previous goal</li> <li>• Various Techniques</li> <li>• Competence</li> <li>• Skills &amp; Strategy</li> <li>• Effectiveness</li> <li>• Personal Best (PB)</li> </ul>
Athletics	<ul style="list-style-type: none"> <li>• Run, Jump, Throw</li> <li>• Speed</li> <li>• Height</li> <li>• Distance</li> <li>• Accuracy</li> <li>• Fitness, Health/Wellbeing</li> <li>• Equipment - hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc</li> </ul>