Physical Education Vocabulary

Year 1	
Sport/Activity	Vocabulary
Gymnastics	Stretch
	• Travel
	Roll (log/pencil or egg)
	• Balance (5 Patch balances: Back, Front, Shoulder, Side, Bottom)
	• Jump (straight or shape)
	• Gymnastic shapes (Tuck, Pike, Straddle, Star, Dish & Arch)
	Equipment/Apparatus (ball, hoop, beam, table, mat)
	• Sequence
	• Performance
Invasion Games	• Attack
	• Defend
	Shoot/Hit/Throw
	• Catch
	• Travel
	• Pass
	• Receive
	• Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
Dance	• Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze,
	statue) Nicerting (Commundation de sidement)
	Direction (forwards, backwards, sideways)
	• Space (near, far, in and out, on the spot, own)
	 Sequence (beginning, middle, end) Moods and feelings (expressive qualities) (jolly, stormy)
	 Nature of movement (dynamic qualities) (fast, strong, gentle)
	 Balance
	 Goordination
Co-operation	Teamwork/team building
	 Communication/talking
games	• Trust
	 Problems/problem solving
	Solutions
	• Space, Time/Task, Equipment, People (STEP MODEL - Differentiation
Rhythmic	• Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze,
dance	statue)
uunee	 Direction (forward, backwards, sideways)
	 Space (near, far, in and out, on the spot, own)
	 Sequence (beginning, middle, end)
	 Moods and feelings (expressive qualities) (jolly, stormy)
	 Nature of movement (dynamic qualities) (fast, strong, gentle)
	 Equipment – balls, hoops, ribbons
Chasing and	• Tag/IT
fleeing	Tactics
2	Evading opponents
	Reaching opponents Transing
	Trapping Sanding (resetting to misleading signals
	 Sending/reacting to misleading signals Space Time/Teach Equipment People (STEP MODEL - Differentiation)
Tanada	Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
Target Games	 Score Shoot/Hit/Throw
	Judging distance

	Protect the shot
	 Prevent the points/goals
	• Tactics
	Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
Net and Wall	Shoot/Hit/Throw
Games	• Attack
	 Over the net
	Create space on offence
	Reduce space on offence
	Tactics
	• Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
OAA	Orienteering (positional language)
Outdoor	Map skills (compass, symbols)
	Communication
Adventurous	Confidence/self-esteem
Activities	 Strength/Agility
	Balance/Coordination
	Personal barriers
	• Perseverance
	Determination
	Risk-taking
Striking and	Batting
-	• Fielding
Fielding	Defending
	Attacking
	• Teams
	Bowl/Throw
	Backstop
	Catch
	Run
	Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
Personal	Resilience Noning Techniques
Challenges	Various Techniques
	Effectiveness
	Personal Best (PB)
Athletics	Run, Jump, Throw
	• Speed
	• Height
	• Distance
	• Accuracy
	 Fitness, Health/Wellbeing
	 Equipment - hurdles, skipping ropes, cones, space hoppers, beanbags, javelins,
	relay batons, shotput, high/long jump etc
Year 2	
Gymnastics	Stretch/Flexibility
	 Travel
	Roll (log/pencil or egg)
	 Patch Balance (Back, Front, Shoulder, Side, Bottom)
	 Point Balance (hand, feet, elbows, knees & head)
	 Jump (straight or shape)
	 Gymnastic shapes (Tuck, Pike, Straddle, Star, Dish & Arch)
	Equipment/Apparatus (ball, hoop, beam, table, mat)
	• Sequence

	• Performance
Invasion Games	• Attack
	• Defend
	Shoot/Hit/Throw
	• Catch
	• Travel
	• Pass
	• Receive
	• Tactics
	• Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
Dance	• Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze,
	statue)
	• Direction (forwards, backwards, sideways)
	• Space (near, far, in and out, on the spot, own)
	• Sequence (beginning, middle, end)
	 Moods and feelings (expressive qualities) (jolly, stormy)
	 Nature of movement (dynamic qualities) (fast, strong, gentle)
Co-operation	 Teamwork/team building
games	Communication/talking
games	• Trust
	 Problems/problem solving
	Solutions
	• Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
Rhythmic	• Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze,
dance/gym	statue)
dance, gym	• Direction (forward, backwards, sideways)
	• Space (near, far, in and out, on the spot, own)
	Sequence (beginning, middle, end)
	 Moods and feelings (expressive qualities) (jolly, stormy)
	 Nature of movement (dynamic qualities) (fast, strong, gentle)
	 Equipment - balls, hoops, ribbons
Chasing and	• Tag/IT
fleeing	• Tactics
, .eeg	 Evading opponents
	 Reaching opponents
	• Trapping
	 Sending/reacting to misleading signals
	 Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
Target Games	• Score
	• Shoot/Hit/Throw
	 Judging distance
	Protect the shot
	 Prevent the points/goals
	• Tactics
	 Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
Net and Wall	• Shoot/Hit/Throw
Games	• Attack
	Over the net
	 Create space on offence
	 Reduce space on offence
	• Tactics
	 Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
OAA	Orienteering (positional language)
	Map skills (compass, symbols)

O ut days	Communication
Outdoor	 Communication Confidence/self-esteem
Adventurous	
Activities	Strength/Agility Delaward Construction
	 Balance/Coordination Personal barriers
	• Perseverance
	Determination
	Risk-taking
Striking and	Batting
Fielding	 Fielding
5	• Defending
	 Attacking
	• Teams
	Bowl/Throw
	• Backstop
	• Catch
	• Run
	 Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
Personal	• Resilience
Challenges	 Beat your previous goal
chunenges	Various Techniques
	• Effectiveness
	 Personal Best (PB)
Athletics	Run, Jump, Throw
/////01/05	• Speed
	• Height
	• Distance
	• Accuracy
	 Fitness, Health/Wellbeing
	 Equipment – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins,
	relay batons, shotput, high/long jump etc
Year 3	
	Stretch/Flexibility
Gymnastics	•
	 Travel (2→1 foot leap & cat leap) Dell (lea (nensil eap & shoulden nell))
	 Roll (log/pencil, egg & shoulder roll) Rotab Balance (Deak Front Shoulder Side Detter)
	Patch Balance (Back, Front, Shoulder, Side, Bottom) Drint Balance (band fast allowed known hand fast allowed ha
	Point Balance (hand, feet, elbows, knees, head & arabesque)
	• Jump (straight, shape, hop & leap)
	• Gymnastic shapes (Tuck, Pike, Straddle, Star, Dish & Arch)
	• Equipment/Apparatus (ball, hoop, beam, table, mat)
	• Sequence
	• Performance
Invasion Games	• Attack
	Defend (opponents)
	Shoot/Hit/Throw (accurately)
	Travel (and remain in control of the ball)
	• Pass/send
	Catch/Receive
	Tactics
	 Possession (adapt techniques to keep it)
Dance	 Possession (adapt techniques to keep it)

	Direction (forwards, backwards, sideways)
	·
	• Space (near, far, in and out, on the spot, own)
	• Sequence (beginning, middle, end)
	Moods and feelings (expressive qualities) (jolly, stormy)
	Nature of movement (dynamic qualities) (fast, strong, gentle)
Co-operation	 Teamwork/team building
games	Communication/talking
5	• Trust
	 Problems/problem solving
	Solutions
	Space, Time/Task, Equipment, People(STEP MODEL - Differentiation)
Cheerleading	• Routines
	• Jump
	Dismount
	High V, Low V
	Ready position
	Pom-Poms/Ribbons
	 Gymnastic shapes - Tuck/Straddle
Chasing and	• Tag/IT
-	Tactics
fleeing	 Evading opponents
	 Reaching opponents
	Trapping Sending (resetting to misloading signals
	Sending/reacting to misleading signals Second Time (Tack Equipment Bearly (STER MODEL Differentiation)
T 10	Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
Target Games	Score Cheat (1): (These
	Shoot/Hit/Throw
	Judging distance
	Protect the shot
	 Prevent the points/goals
	• Tactics
	Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
Net and Wall	 Shoot/Hit/Throw/Serve
Games	• Attack
	 Over the net
	 Create space on offence
	Reduce space on offence
	Tactics
	• Rally
	Drop shot
	• Umpire
	• Volley
	• Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
ΟΑΑ	Orienteering (positional language)
Outdoor	 Map skills (compass, symbols, contours)
	Communication
Adventurous	 Confidence/self-esteem
Activities	 Strength/Agility
	Balance/Coordination
	 Personal barriers
	 Perseverance
	Determination
	Risk-taking

Chuilting and	- Pattina
Striking and	 Batting Fielding
Fielding	5
	 Defending Attacking
	• Teams
	 Bowl/Throw
	Backstop
	Catch
	Run Cross Time (Task Favirment Pearls (CTED MODEL Differentiation)
	Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
Personal	Resilience
Challenges	Beat your previous goal Various Techniques
	Various Techniques
	 Competence Effectiveness
A 1 1 1 1	Personal Best (PB)
Athletics	Run, Jump, Throw
	• Speed
	 Height Distance
	Accuracy Eithogo Usedth (Mellheine
	• Fitness, Health/Wellbeing
	• Equipment - hurdles, skipping ropes, cones, space hoppers, beanbags, javelins,
	relay batons, shotput, high/long jump etc
Year 4	
Gymnastics	• Stretch/Flexibility
	Travel (Stag leap, scissor leap, cat leap & backwards)
	 Roll (log/pencil, egg, shoulder & teddy bear roll)) Detek Delence (Deck Frank Chaulder Cide Dettern summetries)
	Patch Balance (Back, Front, Shoulder, Side, Bottom, symmetrical &
	asymmetrical))
	 Point Balance (hand, feet, elbows, knees, head & arabesque) Turn (statisht immediates immediates the immediates and immediates the immediates and immediates and
	• Jump (straight jump, shape jump-star/tuck/stretch, jump $\frac{1}{4}$ turn and jump $\frac{1}{2}$)
	Gymnastic shapes (Tuck, Pike, Straddle, Star, Dish & Arch)
	Equipment/Apparatus (ball, hoop, beam, table, mat)
	• Sequence
T · A	Performance
Invasion Games	Attack Defend (approximate)
	Defend (opponents) Chart (1): (There are a subscription (constraint))
	 Shoot/Hit/Throw accurately (in a variety of ways) Travel (changing around dimension and normalis in control of the hell)
	 Travel (changing speed, direction and remain in control of the ball)
	Pass/send Cotch / Deceive
	 Catch/Receive Testics (what is needed to practice, anisy on develop the same)
	 Tactics (what is needed to practice, enjoy or develop the game) Responsion (adapt to be private to keep it)
	Possession (adapt techniques to keep it)
	Evaluate performance to improve Second Time (Tesk Equipment People (STEP MODEL Differentiation)
N	• Space, Time/Task, Equipment, People(STEP MODEL - Differentiation)
Dance	• Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze,
	statue) Ningstien (formunda hooluwonda aidemana)
	Direction (forwards, backwards, sideways)
	• Space (near, far, in and out, on the spot, own)
	• Sequence (beginning, middle, end)
	Moods and feelings (expressive qualities) (jolly, stormy)
	Nature of movement (dynamic qualities) (fast, strong, gentle)

Co opporation	Teamwork/team building
Co-operation	 Communication/talking
games	Trust
	 Problems/problem solving
	 Solutions
Veee	
Yoga	 Flexibility Agility
	Co-ordination
	 Poses (poster →crab, dolphin, hero, flamingo)
	 Calm/tranquil relaxation Inhale/Exhale
Charting and	
Chasing and	 Tag/11 Tactics
fleeing	
	Evading opponents Desching opponents
	Reaching opponents Transise
	 Trapping Sending/reacting to misleading signals
T 10	 Space, Time/Task, Equipment, People (STEP MODEL - Differentiation) Score
Target Games	 Score Shoot/Hit/Throw
	 Judging distance Protect the shot
	 Prevent the points/goals Tactics
	 Space, Time/Task, Equipment, People (STEP MODEL - Differentiation) Shoot/Hit/Throw/Serve
Net and Wall	
Games	 Attack Over the net
	Create space on offence Deduce space on offence
	 Reduce space on offence Tactics
	Rally
	 Drop shot Umpire
	• Volley
	 Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
Cin min a	
Swimming	 Strokes (freestyle, front crawl, back crawl, butterfly, breast stroke) Dolphin technique
	 Body Position (hips & legs high so children are streamlined and the body has
	increased resistance)
	Breathing
	 Deep water
	 Water safety
	• Confidence
	Forward roll/Backward roll
Staiking and	Batting
Striking and	• Fielding
Fielding	 Defending
	Attacking
	• Teams
	Bowl/Throw
	Backstop Cotch
	Catch Dun
	• Run

 Space, Time/Task, Equipment, People (STEP MODEL - Differentiation) Run, Jump, Throw Speed Height
•
• Height
• Distance
• Accuracy
 Fitness, Health/Wellbeing
• Equipment - hurdles, skipping ropes, cones, space hoppers, beanbags, javelins,
relay batons, shotput, high/long jump etc
Stretch/Flexibility
 Travel (Spinning on point, Spinning with travel & cartwheel)
 Roll (log/pencil, egg, shoulder, teddy bear roll & forward roll)
• Balance (point, patch, mirror and match & counter balance)
 Jump (straight jump, shape jump-star/tuck/stretch, jump ¹/₄ turn, jump ¹/₂ turn,
hopscotch and compass)
• Gymnastic shapes (Tuck, Pike, Straddle, Star, Dish & Arch)
• Equipment/Apparatus (ball, hoop, beam, table, mat)
• Sequence
• Performance
Attack
 Defend/Defender
 Possession
Centre pass
 Dribble
 Corner/Goal Kick
Formation
 Foul/Penalty
 Hand ball
 Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze,
statue)
 Direction (forwards, backwards, sideways)
• Space (near, far, in and out, on the spot, own)
• Sequence (beginning, middle, end)
Moods and feelings (expressive qualities) (jolly, stormy)
Nature of movement (dynamic qualities) (fast, strong, gentle)
 Hockey stick (flat side) (lifted no higher than shoulder height)
• Pitch
• Team
 Hit/Pass/Push/Dribble
 Attackers/Defenders/Midfielders
• Goal/shoot
Obstruction
 Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)
 Direction (forwards, backwards, sideways)
• Space (near, far, in and out, on the spot, own)
• Sequence (beginning, middle, end)
 Moods and feelings (expressive qualities) (jolly, stormy)
Nature of movement (dynamic qualities) (fast, strong, gentle)
 Equipment → balls, hoops, ribbons

Rugby (TAG)	Tag (removal of the Velcro tag belt)
	• Goal line
	• Touchline
	• Scoring a try
	• Free pass
	 Knock on
	• Offside
Target Games	 Shoot/Hit/Throw
-	 Judging distance
	 Protect the shot
	 Prevent the points/goals
	• Tactics
	 Space, Time/Task, Equipment, People (STEP MODEL - Differentiation
Netball	 High-Five
	• Attack
	• Defence
	Shoot/Shot
	 Positions (GK, GD, GS, GA, WD, WS,C)
	• Off-side
	Centre circle
	• 3-feet distance
	• Footwork
OAA	Orienteering (positional language)
-	 Map skills (compass, symbols, contours)
Outdoor	Communication
Adventurous	 Confidence/self-esteem
Activities	 Strength/Agility
	 Balance/Coordination
	 Balance/Coordination Personal barriers
	Perseverance Determinentian
	Determination
	Risk-taking
Kwik Cricket	Bats & Balls
	Stumps/Wickets
	• Fielders
	Bowlers & Batters
	 Underarm throw (10m)
	Scores/Runs
Personal	Resilience
Challenges	 Beat your previous goal
2	 Various Techniques
	Competence
	 Effectiveness
	 Personal Best (PB)
Athletics	• Run, Jump, Throw
	• Speed
	• Height
	• Distance
	• Accuracy
	 Fitness, Health/Wellbeing
	 Equipment - hurdles, skipping ropes, cones, space hoppers, beanbags, javelins,
	relay batons, shotput, high/long jump etc

Year 6	
Gymnastics	Stretch/Flexibility
	• Travel (Stepping sideways, spinning on point, spinning with travel, $2 \rightarrow 1$ footleap,
	cat leap, scissor leap, stag leap & backwards)
	 Roll (log/pencil, egg, shoulder, teddy bear roll & forward roll)
	 Balance (point, patch, mirror and match & counter balance)
	• Jump (straight jump, shape jump-star/tuck/stretch, jump $\frac{1}{4}$ turn, jump $\frac{1}{2}$ turn,
	hopscotch and compass)
	 Gymnastic shapes (Tuck, Pike, Straddle, Star, Dish & Arch)
	 Equipment/Apparatus (ball, hoop, beam, table, mat)
	• Sequence
	• Performance
Football	• Attack
	 Defend/Defender
	• Possession
	 Centre pass
	• Dribble
	 Corner/Goal Kick
	 Formation
	 Foul/Penalty
	Hand ball
Dance	• Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze,
	statue)
	 Direction (forwards, backwards, sideways)
	 Space (near, far, in and out, on the spot, own)
	 Sequence (beginning, middle, end)
	 Moods and feelings (expressive qualities) (jolly, stormy)
	 Nature of movement (dynamic qualities) (fast, strong, gentle)
	• Agility/Agile
	• Fitness
	Balance/Coordination
Hockey	 Hockey stick (flat side) (lifted no higher than shoulder height)
•	Pitch
	• Team
	 Hit/Pass/Push/Dribble
	 Attackers/Defenders/Midfielders
	• Goal/shoot
	Obstruction
Sport Theme	• Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze,
Dance	statue)
	 Direction (forwards, backwards, sideways)
	 Space (near, far, in and out, on the spot, own)
	• Sequence (beginning, middle, end)
	 Moods and feelings (expressive qualities) (jolly, stormy)
	 Nature of movement (dynamic qualities) (fast, strong, gentle
	 Equipment → balls, hoops, ribbons
Rugby (TAG)	Tag (removal of the Velcro tag belt)
	Goal line
	Touchline
	 Scoring a try
	• Free pass
	Knock on
	• Offside

Target Games	Shoot/Hit/Throw
ruiger oumes	• Judging distance
	 Protect the shot
	 Prevent the points/goals
	 Tactics
	 Space, Time/Task, Equipment, People (STEP MODEL - Differentiation)
Netball	High-Five
Neidall	 Attack
	• Defence
	 Shoot/Shot
	 Positions (GK, GD, GS, GA, WD, WS,C)
	 Off-side
	 Centre circle
	 Centre circle 3-feet distance
<u> </u>	Footwork
Swimming/OAA	Orienteering (positional language)
Outdoor	 Map skills (compass, symbols, contours, grid reference, coordinates)
Adventurous	Communication
Activities	Confidence/self-esteem
	Strength/Agility
	Balance/Coordination
	• Personal barriers
	Perseverance
	Determination
	Risk-taking
Kwik Cricket	Bats & Balls
	Stumps/Wickets
	Fielders
	Bowlers & Batters
	 Underarm throw (10m)
	Scores/Runs
Personal	• Resilience
Challenges	 Beat your previous goal
5	 Various Techniques
	 Competence
	 Skills & Strategy
	 Effectiveness
	 Personal Best (PB)
Athletics	• Run, Jump, Throw
	• Speed
	• Height
	• Distance
	• Accuracy
	 Fitness, Health/Wellbeing
	• Equipment - hurdles, skipping ropes, cones, space hoppers, beanbags, javelins,
	relay batons, shotput, high/long jump etc