

	<u>EYFS</u>	<u>Year 1</u>	<u>Year 2</u>
<u>Introduction to PE</u>	Follow, team, space, travel, share, safely, path, listen.		
<u>Athletics</u>		Fast, slow, jump, aim, direction, far, bend, improve, hop, safely, travel, balance.	Speed, jog, sprint, pace, balance, direction , take off, landing, swing, height, distance, overarm, underarm.
<u>Badminton</u>			
<u>Ball Skills</u>	Roll, team, space, kick, bounce, throw, safely, stop, listen.	Far, aim, safely, throw, send, roll, catch, direction, balance.	Overarm, distance, dribble, underarm, collect, target.
<u>Basketball</u>			
<u>Cricket</u>			
<u>Dance</u>	Move, space, safely, shape, copy, around, sideways, forwards, backwards.	Counts, action, travel, pose, move, direction, forwards, backwards , speed, fast, slow, level, shape.	Counts, action, travel, shape, direction, speed, level , space, balance, timing, mirror, pathway.
<u>Dodgeball</u>			
<u>Fitness</u>		Exercise, heart, lungs, oxygen, mood, healthy, body.	Speede, distance, sprint, strong, pace, jog, steady, race.
<u>Football</u>			
<u>Fundamentals</u>	Run, safely, space, jump, hop, direction, stop, listen, skip, balance.	Balance, direction , land, fast, safely , jump, hop.	Jog, speed, skip, sprint, dodge, balance .
<u>Games (Invasion)</u>	Run, safely, space, catch, throw, team, stop, tag, score, rules.	Safely , defender, dribbling, pass, attacker, space, points, score , team.	Possession, send, teammate, chest pass, received, goal, dodge, bounce pass.
<u>Gymnastics</u>	Copy, travel, space, shape, rock, over, backwards, sideways, forward, around, through, roll.	Action, travel , balance, jump, direction, roll , point, shape , speed, fast, slow, level.	Action, travel, balance, jump, direction, roll , link, sequence, straddle, pike, tuck, star, level .
<u>Net and Wall</u>		Safely, ready position, partner, score, racket, net, underarm, space, point.	Receive, opponent, quickly, trap, defend, return, collect, against.
<u>Rounders</u>			
<u>Sending and Receiving</u>		Aim, throw, roll, kick, catch, safely, racket.	Track, send, accurate, target, control, release, receive.
<u>Striking and Fielding</u>		Throw, points, target, pass, space, score, team, hit, catch, send, batter, bowler, fielder.	Throw, score , place, strike, send, runs, track, catch, backstop, wicket keeper, batter, bowler, fielder .
<u>Tag Rugby</u>			
<u>Target Games</u>		Far, aim, team, throw, score, send, points, distance, overarm, underarm, target.	Release, accuracy, opposite, strike, target , ahead, select, object, distance .
<u>Team Building/OAA</u>		Solve, teamwork, lead, direction, cooperate, instructions, share, listen, safely, travel.	Solve , support, map, direction, cooperate , successful, share, plan, communicate.

	Year 3	Year 4	Year 5	Year 6
Athletics	Speed , accurately, power, personal best, determination, further, faster, control, strength, pace .	Stamina, speed, pace , technique, determination , perseverance, officiate, power, accuracy , personal best, flight.	Technique , compete, continuous pace, flight, determination, personal best , momentum, stride, downsweep, upsweep, officiate, rhythm.	Technique , control, force, continuous pace , trajectory, stride, momentum, officiate, flight , compete, rotation, transfer of weight.
Ball Skills	Track, overhead, accurate, bounce, receive, persevere, release, chest, technique, consistency, select, control.		Backhand, control, ready position, forehand, cooperatively, outwit, rally, return, serve, ready position, defensive, attacking, opponent, continuously.	
Basketball	Travelling, double dribble, possession, v dribble, receiver, playing area, opponent, tracking, rebound, opposition.		Referee, set shot, opponent, double dribble, possession, rebound , tactics, conceding, outwit, travelling, foul, jump shot.	
Cricket	Runs, technique, wicket keeper, strike, retrieve, bowl, fielding, stumped, two handed pick up, stance, wicket, short barrier, grip, batting.		Strike , batting, wicket keeper, fielding, wicket , tracking, consistently, retrieve, support, obstruction.	
Dance	Unison, explore, create, feedback, perform, timing, levels , flow, dynamics, expression, actions .	Space, actions, levels, timing , reaction, performance, dynamics , unison, represent, expression .	Levels, actions , formation, timing , relationship, performance , expression, unison , posture, dynamics , canon.	Levels, actions, formation, timing , phrase, performance, expression, unison, posture, dynamics, canon , choreography, contrast, structure.
Dodgeball	Throw, catch, possession, opposition, dodge, rules, court, defend, attack, protect, block, caught, communicate.		Pressure, tactics, opponent, officiate, referee, fair play, consistently, outwit, sportsmanship, support, tournament, cooperatively.	
Fitness	Fitness, speed , strength, balance, pace, steady, agility, control, progress, coordination, muscle, stamina.		Agility, technique, speed, balance, control , power, generate force, strength , analyse, continuous, stamina , measure, coordinate , component, record.	
Football	Goalkeeper, attacker, outside, opponent, communication, possession, opposition, tracking, inside, dribbling, control, defender, tackle.		Control , tactics, opponent , intercepting, possession, tracking , consistently, conceding, outwit, pressure, foul, touch.	
Gymnastics	Matching, contrasting, sequence, direction , interesting, flow, explore, control, shape, create.	Technique, quality, sequence , perform, rotation, extension, apparatus, inverted, shape.	Symmetrical, asymmetrical, extension, rotation , synchronisation, canon, inverted , progression, aesthetics.	Momentum, counter balance, aesthetics , formation, synchronisation , stability, inverted, progression , counter tensions.
Handball	Dribble, grip, defence, shoot, interception, mark, opponent, protect, double dribble, opposition, fluid, attack, possession.		Pressure, delay, control, tactics, support, release, angle, reaction, principle, inclusion, create, close down, transfer.	
Hockey	Dribble, receiver, attack, shoot, interception, defence, opponent, trapping the ball, mark, opposition, obstruction, push pass, grip, possession.		Obstruction, conceding , block tackle, trapping the ball, possession , attack, support, interception , jab tackle, consistently, bully off, defence.	
Netball	Footwork, landing foot, attack, pivot, interception, defence, opponent, rebound, contact, opposition, obstruction, mark, receiver, possession.		Rebound, possession, attack, contact, obstruction, defend , contest, conceding, interception , consecutive, consistently, turnover.	
Rounders	Strike, batting, bowl, fielding, retrieve, two handed pick up, stance, stumped, short barrier, technique, backstop, post, rounder.		Stike , pressure, outwit, fielding, batting , backing up, continuous, cooperatively, retrieve, consecutive, consistently, overtake, obstruction.	
Swimming	Sculling, crawl, breaststroke, submersion, rotation, backstroke, buoyancy, survival, alternate, huddle, stroke, treading water.		Personal best, flutter kick, exhale, somersault, surface, inhale, endurance, propel, continuous, streamline, synchronised, retrieve.	
Tag Rugby	Defence, receiver, mark, tag, try, dodge, opponent, possession, offside, opposition, onside, outwit.		Defence, onside, offside, opponent, possession , attack, formation, dictate, shutdown, receiver, turnover, support.	
OAA	Navigate, grid, plan, route, discuss, rules, collaborate, symbol, trust, inclusive, effectively, orientate.		Tactical, orienteering, leader, control card, navigate , orientate, critical thinking, location, strategy, cooperatively, symbol, boundaries.	
Tennis	Ready position, racket, track, rally, control, return, opponent, accurately.	Ready position, return , serve, rally, control, opponent , forehand, backhand.	Ready position, return, serve , outwit, control, opponent, forehand, backhand , volley, cooperatively, continuously.	