

PE Overview: Knowledge and Vocabulary from EYFS to Key Stage 2

Class	Topic	Knowledge	Vocabulary	
Nursery	Core-Strength and coordination	<ul style="list-style-type: none"> -Having control over their bodies -Completing deliberate movements with confidence -Be able to sit up, stand still, maintain balance and move in a coordinated way -Have increasing confidence on a tricycle or balance bike. 	Run	Moving
	Gross motor skills	<ul style="list-style-type: none"> -Demonstrate strength, balance and coordination when playing -Move energetically, such as: running, jumping, dancing, hopping, skipping -Negotiate space and obstacles safely -Have increasing confidence, agility and flexibility -Develop weight bearing skills which will develop upper arm strength, mobility, control and balance 	Walking	Still
	Fine motor skills	<ul style="list-style-type: none"> -Hand-eye coordination -Positional awareness -Increasing fine motor strength and coordination 	Jump	Shape
Reception	Core-Strength and coordination	<ul style="list-style-type: none"> -Having control over their bodies -Completing deliberate movements with confidence -Be able to sit up, stand still, maintain balance and move in a coordinated way -Have increasing confidence on a tricycle or balance bike. 	Hop	Balance
	Gross motor skills	<ul style="list-style-type: none"> -Demonstrate strength, balance and coordination when playing -Move energetically, such as: running, jumping, dancing, hopping, skipping -Negotiate space and obstacles safely -Have increasing confidence, agility and flexibility -Develop weight bearing skills which will develop upper arm strength, mobility, control and balance 	Skip	Good
	Fine motor skills	<ul style="list-style-type: none"> -Hand-eye coordination -Positional awareness -Increasing fine motor strength and coordination 	Forwards	Bad
Year 1	Basic movements (Gymnastics)	<ul style="list-style-type: none"> -Hold balances with good body tension -Make their body tense, relaxed, curled and stretched -Have body control when travelling and balancing 	Backwards	Take turns
			Sideways	
			Up	
			Down	
			Space	
			Direction	
			Bouncing	
			Follow	
			Rolling	
			Step	
			Fast	
			Slow	
			Tip toe	
			Under	
			Catching	
			Team	
			Throw	
			Stillness	
			Space	
			Rocking	
			Faster	
			Slower	
			Throw	Warm up
			High	Cool down
			Low	Shape

PE Overview: Knowledge and Vocabulary from EYFS to Key Stage 2

		-Climb safely -Recognise different shapes	Skip Safely	Catch
	Basic movements (Athletics)	-Throw and catch with a partner -Aim towards a target	Jogging Push	
	Attacking and defending	-Catch a large ball -Move a ball around different parts of their body and equipment -Roll, kick, pat/bounce different equipment -Keep the score -Follow rules -Play with others and share equipment -Understand what space is and how to find it	Tracking a ball Own space Opposite Speed Shooting Scoring Points Rules Share	
	Movement patterns and performance (dance)	-Respond to a stimulus -Plan and show short sequences of movement (2 movements) -Travel rhythmically using different speed and direction -Make rounded spiky movements with their body -Perform a basic dance -Dance with some coordination and control	Travel Beginning Middle End Body parts Speed Bounce Speed Direction	
	Evaluation	-Talk about how a stimulus/performance makes me feel	Higher Longer Share	
Year 2	Basic movements (Gymnastics)	-Make a sequence by linking basic balances/movement together -Plan a sequence using 'rules' -Hold start and end positions in my sequence -Change speed, level and direction -Show control and good tension -Travel on different parts on my body -Hold a balance -Climb and jump safely on apparatus -Know the 10-point shape sequence	Aim Bounce Repeat Overarm Underarm Landing Target Leap Accelerate	

PE Overview: Knowledge and Vocabulary from EYFS to Key Stage 2

	Basic movements (Athletics)	<ul style="list-style-type: none"> -Aim towards different size targets -Developing throwing ability of different equipment over different distances -Compete short sprinting races 	Take off	
	Attacking and defending	<ul style="list-style-type: none"> -Keep the score -Invent rules and scoring systems -Follow rules -Choose the right equipment to play a game -Decide where the best place to be is during a game -Use a variety of equipment with consistency and control -Link different skills together -Dribble using hands/feet or stick -Change direction and speed -Use a basic tactic in a game 	Striking	
	Movement patterns and performance (dance)	<ul style="list-style-type: none"> -Remember and repeat movement patterns -Improvise and use imagination -Show a mood/feeling using linked movement -Dance with increasing control and co- ordination -Change the shapes of my body when moving and standing still -Move to a rhythm in different speed and direction -Copy and adapt patterns of movement -Know the difference between canon and unison -Perform a movement to others 	Levels	
	Evaluation	<ul style="list-style-type: none"> -Watch other's sequences and positively feedback -Talk confidently about how a stimulus/movement makes them feel -Make others feel successful 	Better	Safely
Year 3	Basic movements (Gymnastics)	<ul style="list-style-type: none"> -Sequence and perform 3-4 movements with controlled start and end positions -Share and create ideas with a partner to create a sequence -Hold balances for a count of 3 with good body tension -Travel around, over and on apparatus with smooth transitions -Transfer floor work onto apparatus safely and carefully 	Worse	Communicate
			Skills	
			Pull	
			Distance	
			Sprint	
			Height	
			Record	
			Measure	
			Heart beat	

PE Overview: Knowledge and Vocabulary from EYFS to Key Stage 2

	Basic movements (Athletics)	<ul style="list-style-type: none"> -Use 2 dynamic's in my performance e.g varying speeds, directions, shapes and levels -Run at fast, medium and slow speeds, and change direction -Take part in a relay activity, remembering when to run and what to do -Throw a range of equipment using basic technique -Change methods of throwing for different distances 	Landing foot Time Obstacles Diagonal Approach Speed Agility	
	Attacking and defending	<ul style="list-style-type: none"> -Explain and understand the rules of a game -Suggest practices to make play better -Agree rules with others and try to play to fairly -Pass and receive a ball in different ways -Signal for a ball -Effectively use tactics -Keep possession -Show good agility in small sided games 	Keep the ball Scoring goals Making space Sending receiving Dribble Travel with a ball Support partner	Make use of space Goals Base Innings Rounder Backstop Target Net Hitting Pitch Tackle Possession
	Movement patterns and performance (dance)	<ul style="list-style-type: none"> -Imaginatively respond to stimulus -Create and remember a motif that fits to a theme -Talk about a dance using descriptive words -Work in unison and 'follow the leader' -Share and create movement patterns and phrases with a partner and with a small group -Dance with clear shapes and footwork -Dance with control and coordination -Perform with some rhythm -Perform with increasing control and consistency -Perform under limited pressure -Change speed and level -Improvise freely 	Dance Phrase Character Repetition Pattern Stretches Grip Coordination Performance	
	Outdoor Adventurous Activity	<ul style="list-style-type: none"> -Move from one location to another following a map -Use clues to follow a route 	Agility Resilience	Balance Orienteering

PE Overview: Knowledge and Vocabulary from EYFS to Key Stage 2

	Develop communication within a group	<ul style="list-style-type: none"> -Work with others to solve a problem -Give clear instructions to others -Follow 4 compass directions -Follow a route safely 	Determination Coordination	Engage 4-point compass Rotate
	Evaluation	<ul style="list-style-type: none"> -Discuss what makes a good performance by comparing and contrasting -Identify what events a child is best at -Say why their team was successful 	Stronger Weaker Poorer Successful	
Year 4	Basic movements (Gymnastics)	<ul style="list-style-type: none"> -Select favourite movements and create a sequence including starting and ending positions -Adapt sequences for different apparatus -Hold most balances with good tension and extension -Hold shapes in the air momentarily -Work in a controlled way whilst travelling around others on floor/apparatus -Link travelling and jumping with fluency, control and consistency 	Hurdles Preferred Steady pace Rhythm Leading leg Accuracy Control Joints Pulse rate Stamina Stance Relay Travel Link	
	Basic movements (Athletics)	<ul style="list-style-type: none"> -Perform a range of jumps with consistent technique and run up -To know and show the difference between sprinting and running -To know the basic ideas of relay -Introduce correct technique for javelin, shot put & discus 		
	Attacking and defending	<ul style="list-style-type: none"> -Make a game more challenging -Be aware of space and use it to support team-mates and cause problems for the opposition -Move into a space to shoot or score -Play different roles in a team -Demonstrate how to adapt a game to suit all abilities -Play small sided games e.g 3v1,3v3 -Field from different positions -Strike a ball through the air in different directions -To select and use appropriate tactics -Throw accurately in different ways using good technique -Hit a target -Hit/throw over a net 	Back up Keeping score Tactics Boundary Overhead Rally Volley Singles Doubles Forehand Backhand Batting	Bowler Wicket Court Defending Offside Positioning Accuracy

PE Overview: Knowledge and Vocabulary from EYFS to Key Stage 2

	-Throw and catch a ball	Fielding	
Movement patterns and performance (dance)	<ul style="list-style-type: none"> -Perform in character -Communicate a mood/feeling -Describe a dance using descriptive and movement language -Remember and improve a dance on my own and with a friend (3 phases) -Work with a partner to mirror, follow or in unison -Work in a small group or with a partner to create a dance that suits a theme -Perform with increasing rhythm, control and balance in shape and action -Perform movement patterns and motifs -Perform jumps with control -Link sections together using movement 	<ul style="list-style-type: none"> Gesture Action and reaction Improvisation Tension 3-phase process 	
Swimming proficiency	<ul style="list-style-type: none"> -Swim 50-100 metres and keep swimming for 45 to 90 seconds -Use 3 different strokes, swimming on one' front & back -Control breathing -Swim confidently and fluently on the surface & under water -Work well in groups to solve specific problems & challenges, sharing out the work fairly -Recognise how swimming affects body and pace -Use efforts to meet different challenges -Suggest activities and practices to help improve one's own performance <p>Some children will begin to:</p> <ul style="list-style-type: none"> -Swim further than 100 metres -Swim fluently and confidently for over 90 seconds -Use all 3 strokes with control -Swim short distances using butterfly -Breathe so that the pattern of my swimming is not interrupted -Perform a wide range of personal survival techniques confidently -Know what different tasks demand of one's body & pace -Use one's efforts well to meet challenges 	<ul style="list-style-type: none"> Bombing Diving Lane Freezing Danger Cap Goggles Woggle Float Noodle Rubber ring Life jacket Swimming belt Float Drown Butterfly Sink Front crawl Breaststroke 	<ul style="list-style-type: none"> Backstroke Shallow end Lengths Deep end Treading water Confidently Water safety

PE Overview: Knowledge and Vocabulary from EYFS to Key Stage 2

	Outdoor Adventurous Activity	<ul style="list-style-type: none"> -Orientate a map using a starting point -Use clues -Follow a map in a familiar context using symbols to help -Work with others to solve a problem -Follow a route accurately, safely and within a time limit 	Progression Leadership Creativity Competition Problem solving Following	
	Use communication to take part in physical challenges Evaluation	<ul style="list-style-type: none"> -Compare and contrast performance using athletic vocabulary -Constructively comment on other's and their own movements -Describe good swimming technique and show and explain it to others 	Evaluate Improve Apply Constructive	
Year 5	Basic movements (Gymnastics)	<ul style="list-style-type: none"> -Create an extended sequence to music -Adapt sequences for different apparatus and abilities -Compare and contrast gymnastic sequences -Use and follow a success criterion -Consistently use good body tension and extension -Use flight to make shapes in the air -Use apparatus safely and imaginatively independently and with a partner -Use controlled movements and combine direction, speed, balance and shape 	Team Take off Release Performance Position Run up Hurdles Combination	
	Basic movements (Athletics)	<ul style="list-style-type: none"> -Change throwing actions to achieve accuracy & distance -Aim towards and hit a target -Sprint over a short distance and keep a pace over a long distance -Take part in a relay -Adapt skills for indoor and outdoor athletics 	Adapt Flight Extending Accuracy	
	Attacking and defending	<ul style="list-style-type: none"> -Choose the best tactics for attacking and defending -Actively seek out space -Try to win in a determined and controlled way -Position oneself to receive balls in different ways -Play and apply skills and tactics in small sided games -Vary tactics according to what is happening e.g marking an opponent -Move the ball with control using one and two hands -Dribble a ball whilst moving -Keep possession of the ball -Strike and throw a ball in different directions 	Keeping possession Shooting Width Depth Support Marking Attackers Defenders Team play Offside	Backstop Leading Techniques Tactics

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		<ul style="list-style-type: none"> -Confidently use different equipment -Plan and create a game with others 	Base Rounder	
	Movement patterns and performance (dance)	<ul style="list-style-type: none"> -Respond to different stimuli -Compose one's own dances in a creative and imaginative way -Name and use compositional devices e.g mirroring, matching, unison, canon, repetition -Talk about a dance using appropriate language -Carefully dance around others -Develop movement with a partner -Perform with clear dynamics, precise footwork and understanding of mood -Perform with expression -Refine and improve dance using different styles of movement -Show changes in mood and feeling -Perform independent dance as part of whole class dance -Dance to different rhythms 	Dance style Formation Action Phrase Stimuli Repetition Dynamics Refine Expression Independently	
	Outdoor Adventurous Activity Verbal and non-verbal communication	<ul style="list-style-type: none"> -Use 8-point compass directions -Find the starting position -Use clues to follow a route in an unfamiliar context -Listen to others ideas and follow their instructions -Walk/run confidently alone or with others over a long distance -Follow a map in a more demanding familiar context 	Blindfolding Remove Strategy Challenges Rules Maps	Trust Building Problem Route Unfamiliar 8-point compass
	Evaluation	<ul style="list-style-type: none"> -Control feelings whether winning or losing -Recognise the best parts of an individual and team -Help team-mates using positive and helpful comments 	Target Strength Weakness	Effectively Control
Year 6	Basic movements (Gymnastics)	<ul style="list-style-type: none"> -Create and perform an 8- element sequence -Apply skills in different situations -Combine independent work with others work -Use apparatus safely and imaginatively -Consistently use refined and controlled movements e.g maintained for 3 seconds, good body tension, extension smooth transitions -Make clear and controlled shapes in the air and take-off and landing safely 	Pacing Projectory Explosive Suppleness Refine Apply Consistency	

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		-Have control when taking off and landing	Extension
	Basic movements (Athletics)	-Perform a long jump, triple jump, chest push & javelin -Throw with accuracy -Demonstrate stamina -Demonstrate good baton changes and turns -Explain how a relay works	Transitions Dynamics
	Attacking and defending	-Know and understand different positions -Follow specific rules -Explain complicated rules -Understand the importance of & can demonstrate fair play -Make a team plan and communicate it to others -Lead others in a game situation -Use controlled techniques to pass, dribble and shoot -Gain possession by working as a team -Move in a formation -Direct a ball into the court at different speeds, heights and angles -Use forehand and backhand with a racquet -Attack and defend tactics in small sided games e.g 1v1, 3v1, 3v2, 3v3 -Strike a ball away from fielders -Bowl and field using different strategies	Shield ball Repossession Stance Boundary Tee Innings Covering Formation
Movement patterns and performance (dance)	-Respond to musical stimulus independently, with a partner and in a small group -Create imaginative dances by linking movements together -Use movement and dynamics to reflect a mood/ feeling/idea -Use descriptive language -Use a range of compositional devices, motif development, repetition and group organisation -Perform to different audiences -Perform whole dances -Perform with control, fluency, accuracy & consistency -Refine one's own movement to shown expression and sensitivity -Create motifs using specific timings, space and people -Improvise freely using continuous movement -Use one's own work as part of a whole dance -Make performances exciting using different dynamics	Variation Technique Interpret Exploration Motif Adaptability Mirroring Imaginative Routine Improvise	

PE Overview: Knowledge and Vocabulary from EYFS to Key Stage 2

		e.g levels, speed, direction		
	Outdoor Adventurous Activity	<ul style="list-style-type: none"> -Map read in unfamiliar environments -Have an awareness of the effects of weather and suitable clothing -Work with others to create strategies to solve problems 	Partner work	Solving
	Using teamwork to solve challenges	<ul style="list-style-type: none"> -Follow a short route accurately -Use 8-point compass directions and clues -Change a route if there is a problem -Change a plan if new information is received -Plan with others, considering safety/danger 	Team work	Strategy
			Direction	Verbal
			Symbols	Communicati
			Move /Travel	on
			Safely	Non-verbal
			Instructions	Communicati
				on
				Divert
	Evaluation	<ul style="list-style-type: none"> -Use a success criterion to constructively compare and comment on different performances -Recognise the best parts of an individual and team -Evaluate the effectiveness of a shot and suggest ways to improve it -Observe peers and suggest ways to improve performance 	Requires improvement	
			Capabilities	
			Peer assess	
			Technical	
			Judgement	