



Weaverthorpe PE Vocabulary Progression

KS1

Backwards, balance, Ball, beanbag, bounce, catch, climb, curl, Dance, forwards, games, gym, high, hit, hoop, jump, kick, low, move, opponent, repeat, roll, run, sequence, sideways, skills, slide, start, stop, stretch, stroke, swim, teammate, throw, travel, walk.

LOWER KS2

Activity, accuracy, athletics, basketball, challenge, Control, communication, cool-down, coordination, cricket, distance, dodge, Field, football, heartrate, hurling, Game, muscles, netball, opposition, Overarm, physical, Position, possession, putting, quoit, rounders, rugby, Rules, Tactics, Team, tennis, Underarm, warm-up.

UPPER KS2

Abseil, archery, Athletics, attacking, Backhand, badminton, defending, discus, canoe, cardiovascular, competition, demonstration, Direction, endurance, exercise, fitness, flexibility, Forehand, Gymnastics, high-jump, javelin, kayak, long-jump, overarm, performance, Precision, Racquet, Speed, standing-jump, Stamina, Strength, underarm, volleyball.