

PHYSICAL EDUCATION

TIERED VOCABULARY PROGRESSION

*Developing confident communicators
through physical education.*



COMMUNICATE



COLLABORATE



PRACTISE



BE ACTIVE



IMPROVE



ACHIEVE



OUR VISION

**EVERY CHILD.
EVERY CHANCE.
EVERY DAY.**



OUR MISSION

*"Love one another
as I have
loved you."*

JOHN 13:34

OUR CARES VALUES



COMPASSION

We show kindness,
care and respect
for all.



AMBITION

We aim high and
strive to be the
best we can be.



REJOICE

We celebrate our
gifts, achievements
and each other.



EXCELLENCE

We give our best
in all that we do.



SERVICE

We serve others
and make a positive
difference.

OUR PE VOCABULARY JOURNEY

Developing confident communicators, reflective learners and tactical thinkers through physical education. ❤️

— OUR VISION —
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WHAT IS TIERED VOCABULARY?



TIER 1 EVERYDAY WORDS

Basic, familiar words that children use in everyday life and play.
Examples: run, jump, throw, stop, catch, go, fast, slow



TIER 2 CROSS-CURRICULAR ACADEMIC VOCABULARY

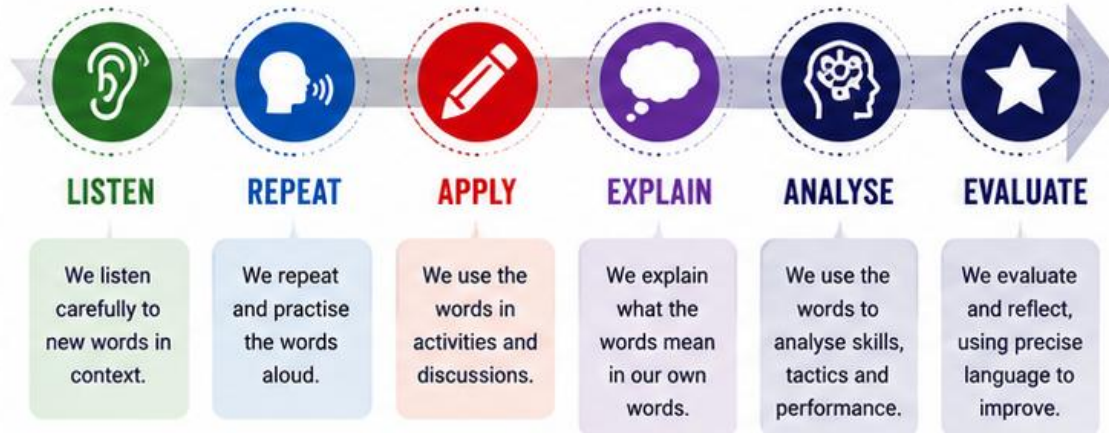
High-utility words used across subjects to express ideas and deepen understanding.
Examples: control, evaluate, improve, strategy, perform, communicate



TIER 3 SUBJECT-SPECIFIC PE VOCABULARY

Technical vocabulary unique to PE and physical activity contexts.
Examples: possession, canon, relay, overload, counterbalance, zone marking

OUR VOCABULARY PROGRESSION JOURNEY



From words to understanding, from understanding to excellence.

WHY LANGUAGE MATTERS IN PE



DEVELOPS ORACY

Helps children express ideas clearly and listen with understanding.



IMPROVES TEAMWORK

Supports communication and collaboration in teams and group activities.



SUPPORTS TACTICAL UNDERSTANDING

Builds knowledge of strategies, skills and decision-making in games.



BUILDS CONFIDENCE

Gives children the language to describe successes and set goals.



DEVELOPS LEADERSHIP

Equips children to lead, encourage and support others.



HELPS CHILDREN EVALUATE PERFORMANCE

Encourages reflection, self-improvement and a growth mindset.

VOCABULARY IN ACTION



EYFS

“Jump and land safely.”



KS1

“Use control and balance.”



LKS2

“Create space and communicate effectively.”



UKS2

“Evaluate tactics and adapt performance.”

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FUNDAMENTAL MOVEMENT VOCABULARY

Building the language of movement, control and physical literacy.

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PHASE	TIER 1 EVERYDAY WORDS	TIER 2 CROSS-CURRICULAR ACADEMIC VOCABULARY	TIER 3 SUBJECT-SPECIFIC PE VOCABULARY
EYFS Early Years Foundation Stage 	- run - jump - stop - throw - catch - balance	- control - space - direction - safely	- coordination - stability
KS1 Key Stage 1 	- travel - land - roll - move	- balance - control - sequence - position	- agility - fluency - technique
LKS2 Lower Key Stage 2 	- sprint - pivot - react	- perform - improve - transfer - evaluate	- coordination - precision - body tension - spatial awareness
UKS2 Upper Key Stage 2 	- accelerate - decelerate	- analyse - adapt - refine - consistency	- stability - dynamic balance - efficiency - physical literacy

LANGUAGE IN ACTION



EYFS

"Can you jump and land safely?"



KS1

"Use balance and control."



LKS2

"Refine your movement sequence."



UKS2

"Analyse and adapt your performance."

WE DEVELOP...

 **AGILITY**

 **BALANCE**

 **CONTROL**

 **COORDINATION**

 **CONFIDENCE**

 **RESILIENCE**

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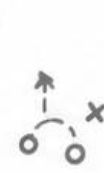


SERVICE
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GAMES VOCABULARY



Developing tactical thinkers, communicators and decision-makers through games.

OUR VISION
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PHASE	TIER 1 EVERYDAY WORDS	TIER 2 CROSS-CURRICULAR ACADEMIC VOCABULARY	TIER 3 SUBJECT-SPECIFIC GAMES VOCABULARY
EYFS Early Years Foundation Stage 	- throw - catch - kick - bounce - send - receive	- teamwork - control - space - rules	- attack - defence - communication 
KS1 Key Stage 1 	- pass - move - shield - retain	- accuracy - speed - timing - progress	- possession - intercept - strategies - close down 
LKS2 Lower Key Stage 2 	- dribble - turn - feint - support	- effective - coordination - positions - evaluation	- jockey - channel - court coverage - hand-eye coordination 
UKS2 Upper Key Stage 2 	- overlap - underlap - mobile - fluid	- leadership - responsibilities - tactical awareness - communication	- zonal marking - overload - distribution - spatial awareness 

WE DEVELOP...


TACTICS


TEAMWORK


DECISION MAKING


COMMUNICATION


AGILITY


LEADERSHIP

LANGUAGE IN ACTION


EYFS
"Find space and work together."


KS1
"Use control and pass accurately."


LKS2
"Communicate and defend effectively."


UKS2
"Adapt tactics to create overloads."

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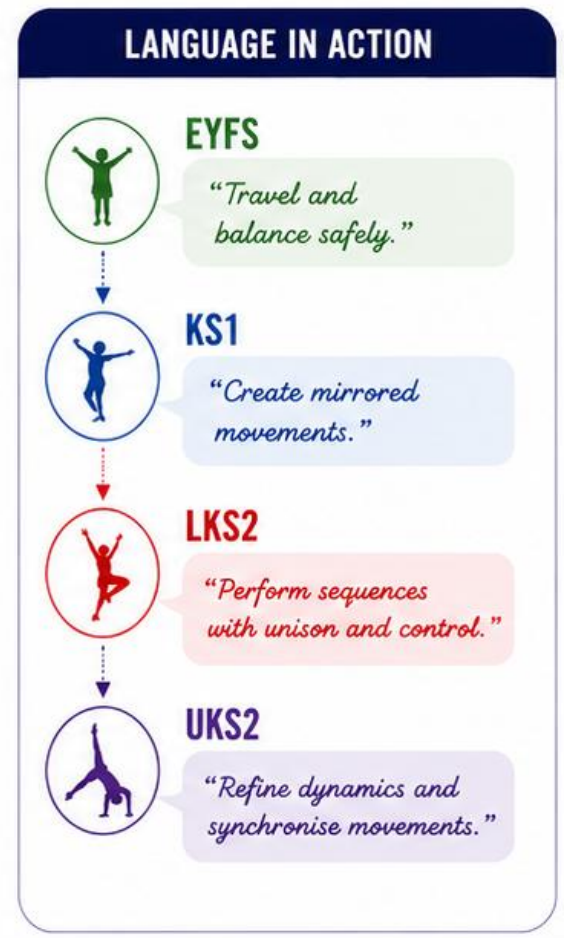
GYMNASTICS & DANCE VOCABULARY

Developing creativity, control, expression and performance through movement. ♥

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EYFS Early Years Foundation Stage 	- roll - jump - travel - spin - balance	- direction - control - sequence - safely	- apparatus - routine - level 
KS1 Key Stage 1 	- stretch - curl - land - mirror	- formations - timing - transitions - communication	- symmetrical - asymmetrical - canon - sequence 
LKS2 Lower Key Stage 2 	- travel - compose - perform - balance	- contrasting - evaluation - reflection - coordination	- unison - mirroring - peer assessment - body tension 
UKS2 Upper Key Stage 2 	- refine - collaborate - transition - tempo	- fluency - dynamics - performance quality - communication	- counterbalance - counter tension - synchrony - aesthetic 



WE DEVELOP...

 **CREATIVITY**

 **EXPRESSION**

 **BALANCE**

 **RHYTHM**

 **COORDINATION**

 **CONFIDENCE**

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ATHLETICS VOCABULARY

Developing performance, resilience and personal achievement through athletics. ☆

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EYFS Early Years Foundation Stage 	- run - jump - throw - start - finish	- space - safely - accuracy - power	- baton - lane - reaction 
KS1 Key Stage 1 	- warm up - distance - speed - jumping	- coordination - feedback - technique - refine	- sporting values - performance - terminology 
LKS2 Lower Key Stage 2 	- sprint - relay - hurdlings - measure	- sustain - improve - evaluation - challenge	- triple jump - baton-passing - personal best - range of contexts 
UKS2 Upper Key Stage 2 	- accelerate - pace - efficiency - control	- performance analysis - cooperate - compete - improvement	- vertical jump - arched run-up - generate power - middle distance 

WE DEVELOP...



SPEED



RESILIENCE



PRECISION



POWER



DETERMINATION



PERSONAL BEST



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HEALTH, FITNESS & WELLBEING VOCABULARY



Developing healthy, active and resilient learners for life.



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PHASE	TIER 1 EVERYDAY WORDS	TIER 2 CROSS-CURRICULAR ACADEMIC VOCABULARY	TIER 3 SUBJECT-SPECIFIC VOCABULARY
EYFS Early Years Foundation Stage 	- healthy - exercise - move - active - rest	- feelings - safe - energy - body	- warm up - cool down - balance 
KS1 Key Stage 1 	- fitness - strength - stamina - hydration	- coordination - healthy choices - wellbeing - routine	- pulse rate - flexibility - muscles 
LKS2 Lower Key Stage 2 	- challenge - recovery - endurance - motivation	- resilience - performance - improvement - evaluation	- cardiovascular fitness - intensity - aerobic exercise 
UKS2 Upper Key Stage 2 	- lifestyle - nutrition - recovery - discipline	- self-regulation - mental wellbeing - analysis - personal targets	- muscular endurance - body systems - physical literacy - long-term health 

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ORACY THROUGH PE

Developing confident communicators, leaders and reflective learners through physical education.



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WE SPEAK TO...



**ENCOURAGE
TEAMMATES**



**EXPLAIN
IDEAS**



**EVALUATE
PERFORMANCE**



**DISCUSS
TACTICS**



**SUPPORT
OTHERS**



**REFLECT ON
LEARNING**



THE LANGUAGE OF PE

EYFS

SIMPLE RESPONSES

- "Ready!"
- "My turn!"
- "Throw the ball."



KS1

SHORT EXPLANATIONS

- "I used balance."
- "We worked together."



LKS2

TACTICAL DISCUSSION

- "We created space."
- "We communicated effectively."



UKS2

ANALYTICAL LANGUAGE

- "We adapted our tactics to improve performance."
- "Our communication helped us maintain possession."



ORACY IN ACTION



PARTNER TALK

"What could we improve?"



TEAM DISCUSSION

"How can we defend more effectively?"



REFLECTION

"What went well and why?"



LEADERSHIP

"Encourage your teammates."



EVALUATION

"How did tactics impact performance?"



WE DEVELOP...



COMMUNICATION



CONFIDENCE



REFLECTION



TEAMWORK



LEADERSHIP



RESPECT

*Through PE, children learn to **communicate** with confidence, **collaborate** with others and **lead** with courage.*



EVERY CHILD.



EVERY CHANCE.



EVERY DAY.