



St. Andrew's PE Vocabulary Progression Ladder

This document is designed to assist with the teaching of vocabulary across KS2. It is aligned with the Get Set 4 PE scheme of work that is used across the school. This document identifies in which year group vocabulary should be explicitly taught and introduced. However, language should be revisited in subsequent year groups, retrieved regularly and quizzed often to ensure children are consolidating their understanding. Some language may be introduced earlier if necessary or as part of an activity, however this document ensures coverage is progressive.

	Year 3		Year 4		Year 5		Year 6	
	Repeated from previous years	New	Repeated from previous years	New	Repeated from previous years	New	Repeated from previous years	New
Autumn 1	<u>Fundamentals</u> hurdle speed sprint take off weight	<u>Fundamentals</u> agility coordination control rhythm technique	<u>Dance</u> canon explore extend feedback formation interact	<u>Dance</u> action and reaction flow order performance phrase relationship represent rhythm structure	<u>Fitness</u> (Yr 2) speed sprint steady time tired	<u>Fitness</u> consistent drive measure motivate persevere power stable	<u>Dance</u> choreograph choreography collaboratively genre motif posture quality transition	<u>Dance</u> aesthetic express freeze frame inspiration mood refine rehearse stimulus style
	<u>Dance</u> create dynamics expression matching mirroring perform speed unison	<u>Dance</u> canon explore extend feedback formation interact	<u>Invasion Game</u> accurate communicate control court intercept invasion opposition pitch receiver referee	<u>Handball</u> <u>(Invasion Games)</u> accelerate cushion decision delay deny gain limit momentum	<u>OAA</u> (Team building Yr2) Communicate include map solve successful support	<u>OAA</u> cardinal points compromise concise critical thinking landmark negotiate strategy verbal visual	<u>(Invasion Games)</u> angle ball carrier barrier close down create dominant drive maintain rebound	<u>Tag rugby</u> <u>(Invasion Games)</u> abide appropriate assess ball side consecutive consistently contest definite

			<p>teamwork technique tournament umpire</p>	<p>obstruct offside onside option pressure protect support tackle timing</p>			<p>situation sporting behaviour sportsmanship stance</p>	<p>dictate draw extend react transition turnover</p>
Autumn 2	<p><u>Sending and receiving (Invasion Game)</u> attack defend goalkeeper opponent possession receive send shoot tactic teammate</p>	<p><u>Handball (Invasion Game)</u> accurate communicate control court intercept invasion opposition pitch receiver referee teamwork technique tournament umpire</p>	<p><u>Gymnastics</u> body tension contrast extend flow landing position match patch point take off</p>	<p><u>Gymnastics</u> bridge fluidity inverted momentum perform rotation shoulder stand stability wrist grip</p>	<p><u>Yoga</u> gratitude lengthen notice stable wellbeing</p>	<p><u>Yoga</u> concentrate connect exhale inhale maintain muscles posture quality transition</p>		Fitness
	<p><u>Ball skills</u> collect prepare receive release touch</p>	<p><u>Ball skills</u> accurate block opponent personal best possession power technique</p>	<p><u>Fundamentals</u> agility coordination control rhythm technique</p>	<p><u>Fundamentals</u> accelerate decelerate momentum react stability</p>		<p><u>Tag Rugby (Invasion Games)</u> angle ball carrier barrier close down create dominant</p>	<p><u>Invasion Games</u> angle ball carrier barrier close down create dominant drive maintain</p>	<p><u>Netball (Invasion Games)</u> abide appropriate assess ball side consecutive consistently</p>

						drive maintain rebound situation sporting behaviour sportsmanship stance	rebound situation sporting behaviour sportsmanship stance	contest definite dictate draw extend react transition turnover
Spring I	<u>Sending and receiving</u> (Target Game) accurate ahead opponent release strike teammate	<u>Dodgeball</u> (Target Game) agility caught out communicate hit out opposition power technique tournament	<u>Football</u> (Invasion Games) accurate communicate contro court intercept invasion opposition pitch receiver referee teamwork technique tournament umpire	<u>Football</u> (Invasion Games) accelerate cushion decision delay deny gain limit momentum obstruct offside onside option pressure protect support tackle timing	<u>Football/ Hockey /handball</u> <u>Invasion Games</u> accelerate cushion decision delay deny gain limit momentum obstruct offside onside option pressure protect support tackle timing	<u>Hockey</u> (Invasion Games) angle ball carrier barrier close down create dominant drive maintain rebound situation sporting behaviour sportsmanship stance	<u>Gymnastics</u> asymmetrical canon cartwheel decide extension identify mirroring observe performance quality stable symmetrical synchronisation transition	<u>Gymnastics</u> aesthetics competent contrasting counter-balance counter-tension engage execution flight formation handstand progression refine structure vault
	<u>Yoga</u> choose create flexibility flow	<u>Yoga</u> base contact control extend	<u>Football</u> (Invasion Games) accurate communicate	<u>Netball</u> (Invasion Games) accelerate cushion	<u>Dodgeball</u> (Target Game) Yr3 agility caught out	<u>Dodgeball</u> align angle fake force	<u>Invasion Games</u> angle ball carrier barrier close down	<u>Hockey</u> (Invasion Games) abide appropriate

	perform strength	hinge link mindfulness relax tilt	contro court intercept invasion opposition pitch receiver referee teamwork technique tournament umpire	decision delay deny gain limit momentum obstruct offside onside option pressure protect support tackle timing	communicate hit out opposition power technique tournament	officiate situation stance	create dominant drive maintain rebound situation sporting behaviour sportsmanship stance	assess ball side consecutive consistently contest definite dictate draw extend react transition turnover
Spring 2	<u>Sending and receiving (Invasion Games)</u> attack defend goalkeeper opponent possession receive send shoot tactic teammate	<u>Football (Invasion Games)</u> accurate communicate contro court intercept invasion opposition pitch receiver referee teamwork technique tournament umpire	<u>Dodgeball (Target Game)</u> agility caught out communicate hit out opposition power technique tournament	<u>Golf (Target Games)</u> adject avoid cushion decision relaxed support	<u>Football/ Netball/ Handball (Invasion Games)</u> accelerate cushion decision delay deny gain limit momentum obstruct offside onside option pressure protect support tackle	<u>Basketball (Invasion Games)</u>	<u>Golf (Target Games)</u> adject avoid cushion decision relaxed support Yr 5 align angle fake force officiate par situation stance	<u>Golf (Target Games)</u> abide anticipate appropriate assess collaborate trajectory

					timing			
	<p><u>Sending and receiving (Invasion Games)</u></p> <p>attack defend goalkeeper opponent possession receive send shoot tactic teammate</p>	<p><u>Basketball (Invasion Game)</u></p> <p>accurate communicate contro court intercept invasion opposition pitch receiver referee</p>	<p><u>Yoga</u></p> <p>base contact control extend hinge link mindfulness relax tilt</p>	<p><u>Yoga</u></p> <p>gratitude lengthen notice stable wellbeing</p>	<p><u>Gymnastics</u></p> <p>bridge fluidity inverted momentum perform rotation shoulder stand stability wrist grip</p>	<p><u>Gymnastics</u></p> <p>asymmetrical canon cartwheel decide extension identify mirroring observe performance quality stable symmetrical synchronisation transition</p>	<p><u>Yoga</u></p> <p>concentrate connect exhale inhale maintain muscles posture quality transition</p>	<p><u>Yoga</u></p> <p>collaborate engage expand fluidity salutation</p>
Summer I	<p><u>Gymnastics</u></p> <p>link pathway pike sequence straddle tuck</p>	<p><u>Gymnastics</u></p> <p>body tension contrast extend flow landing position match patch point take off</p>	<p><u>Tennis (Net and Wall)</u></p> <p>backhand competition control co-operation court faceforehand opponent opposition rally react tactic</p>	<p><u>Tennis (Net and Wall)</u></p> <p>alternate co-operate compete contact continuous deny extend receiver reflect swing</p>	<p><u>Tennis (Net and Wall)</u></p> <p>alternate co-operate compete contact continuous deny extend receiver reflect swing</p>	<p><u>Tennis (Net and Wall)</u></p> <p>adject baseline communicate consecutive create cushion dominant grip groundstroke non-dominant option pressure readjust release serve situation</p>	<p><u>Cricket (Striking and Fielding)</u></p> <p>backing up close catch deep catch long barrier situation stance</p>	<p><u>Cricket (Striking and Fielding)</u></p> <p>abide appropriate assess collaborate consecutive consistently</p>

						sportsmanship technique		
	<u>Sending and Receiving (Striking and Fielding)</u> backstop collect runs stump tactics teammate	<u>Cricket (Striking and Fielding)</u> accuracy caught out grip no ball run out short barrier strike technique tournament umpire wicket	<u>Athletics</u> co-operation court face forehand opponent opposition rally react tactic	<u>Athletics</u> heave launch measure official officiate pace record stamina stride transfer of weight	<u>Dance</u> action and reaction flow order performance phrase relationship represent rhythm structure	<u>Dance</u> choreograph choreography collaboratively genre motif posture quality transition	<u>Athletics</u> approach changeover consistent dominant drive field force javelin momentum shot put track	<u>Athletics</u> discus explosive fling grip maximum meet pattern phase release rhythm stance strategy
Summer 2	<u>Sending and Receiving (Net and Wall)</u> against defend quickly receive return trap	<u>Tennis (Net and Wall)</u> backhand competition control co-operation court faceforehand opponent opposition rally react tactic	<u>Cricket (Striking and Fielding)</u> accuracy caught out grip no ball run out short barrier strike technique tournament umpire wicket	<u>Rounders (Striking and Fielding)</u> compete cushion decision limit momentum pressure retrieve	<u>Rounders (Striking and Fielding)</u> compete cushion decision limit momentum pressure retrieve	<u>Cricket (Striking and Fielding)</u> backing up close catch deep catch long barrier situation stance	<u>Tennis (Net and Wall)</u> adject baseline communicate consecutive create cushion dominant grip groundstroke non-dominant option pressure readjust	<u>Tennis (Net and Wall)</u> abide appropriate direct doubles footwork limit opposing placement prepare recover service stance thrust

							release serve situation sportsmanship technique	
	<u>Athletics</u> aim distance far height landing sprint take off	<u>Athletics</u> co-operation court face forehand opponent opposition rally react tactic	<u>Cricket (Striking and Fielding)</u> accuracy caught out grip no ball run out short barrier strike technique tournament umpire wicket	<u>Cricket (Striking and Fielding)</u> compete cushion decision limit momentum pressure retrieve	<u>Athletics</u> heave launch measure official officiate pace record stamina stride transfer of weight	<u>Athletics</u> approach changeover consistent dominant drive field force javelin momentum shot put track	<u>Cricket (Striking and Fielding)</u> backing up close catch deep catch long barrier situation stance	<u>Rounders (Striking and Fielding)</u> abide appropriate assess collaborate consecutive consistently