



**Marston Moreteyne VC School**  
**Subject Specific Vocabulary**  
**PE**



**KS1**

*Fundamental Movement Skills:*

*Running, jumping, coordination, balance, agility, throwing, catching*

<b>Year Group</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Games</b>	<b>Athletics</b>	<b>Swimming</b>
Year 1	Balance Copy Entrance & exit High & low Mirror Points and patches Tuck roll, pencil roll Star shape Pencil shape Flat shape Tall shape Stretch Tip toes Tuck shape	Imaginatively Pathways Recall Rehearse Skipping Galloping Marching Turn Dart Twist Hopping Jumping Fast and slow Light Climb Jump Curl Stretch Leap	Aiming Balance Bouncing Catching Change direction Control Handling Pathways Receiving Rolling Sending Space Stop Target Throwing Underarm Health and fitness - warm up/ cool down	Aim Direct Distance Javelin Relay Run Sprint Strong leg Target Jump Throw	Enter and exit safety Rules Forwards Backward Sideways Float Push & glide Front Back Submerge Tuck float Rotation Scull Backstroke Front crawl Log roll Tread water Water Safety
Year 2	Arch Balance Control Dish Entrance & exit Linking Mirroring Sequence Pike Straddle Tuck	Imaginatively Dynamic: body, action, space, time and energy Mirroring Pathway Recall Refine Rehearse Shapes Space Skipping Galloping	Balancing Body behind the ball Bouncing Carrying Catching Chasing Collecting Dribbling Intercept Movement Pathways Possession Receiving	Aiming Balance Baton Clearing Consistency Control Distance Endurance Height Hurdles Long jump Momentum Overarm Power	

		Marching Turning Rotation Circular floor pattern air pattern	Rolling Sending Space Throwing underarm or overarm Defending Attacking Health and fitness - warm up/ cool down	Relay race Shuttle Run Speed Sprinting Strides Targets	
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## KS2

### Fundamental Movement Skills:

*Running, jumping, coordination, balance, agility, throwing, catching*

Year Group	Gymnastics	Dance	Games	Athletics	Swimming
Year 3	Arch Core Dish Entrance & exit Fluidity Flight Forwards roll Low level shape e.g. crab shape, bunny hop Matching/mirroring Pike Rolling e.g. tuck roll, pencil roll Soft knees Spin: To rotate 360° Straddle Strength Support Tuck shape Turn Twist Weight	Imaginatively Canon Choreograph Phrase Linear Circular Zig-zag Pose Structure Performance	<u>Football</u> Dribble Shoot Striking Accuracy Rules Tactics Position <u>Netball</u> Footwork Mark Target Chest pass Overhead Bounce Pivot <u>Rounders</u> Bowl Backstop Batting Fielding <u>Tennis</u> Ready position Serve Backhand Forehand Aim <u>OAA</u>	Drive Heave Hurdle Jump Lead leg Leap Pull Push Rhythm Run Standing long jump Standing start	Enter and exit safety Rules Forwards Backward Sideways Float Push & glide Front Back Submerge Tuck float Rotation Scull Backstroke Front crawl Log roll Tread water Water Safety

			<p>Team Solutions Tasks Clues Problem solving Orienteering Maps Symbols Instructions Points <i>Competition</i> <i>Evaluate</i> <i>Improve</i> <i>Health and</i> <i>fitness -</i> <i>warm up/ cool</i> <i>down/ heart</i> <i>rate</i></p>		
Year 4	<p>Abdominals Apparatus Arabesque Arch Balances Dish Entrance &amp; exit Forward roll Front support Headstand Pike Shoulder stand Straddle Support Tension Tuck Weight Fluency Routine Contrast</p>	<p>Imaginatively Narrative Gesture Levels Pathways Phrase Co-ordinate Counts of 8 Lift Rhythm Timing Transition Turns</p>	<p><b><u>Rugby</u></b> Backwards Evade Passing Passer Receiver Sidestep Sideways Speed and run Tag Try <b><u>Handball</u></b> Aim Bounce pass Catch Dribble Overhead pass Shoot Space Target Throw <b><u>Basketball</u></b> Accuracy Shot</p>		

			Baseline Bounce pass Chest pass Dribble Opponent Pivot Protect Receive Sideline <b>Hockey</b> Accurate Aim Awareness Balanced Dribble Intercept Receive Score Shoot Stance Tackle <b>Cricket</b> Bat Bowl Defensive Drive Field Shot Stance Wickets <i>Competition</i> <i>Evaluate</i> <i>Improve</i> <i>Health and fitness -</i> <i>warm up/ cool</i> <i>down/ heart</i> <i>rate</i>	
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