

Progression of vocabulary and destination

Repetition of Key Vocab across all year groups required for substantive knowledge.

Vocabulary is fluid over the key areas.

	KS1	LKS2	UKS2	KS3
Gymnastics	Balance Star Tuck Straddle Straight Quality Travel Take off/land Turning Leap	Unison Cannon Sequence Spinning Control Counter tension Counter balance Flight	Vaulting Mirrored Performance	Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work.

Dance	Travel Turn Jump Gesture Levels Balance	Regular, slow, fast beat count Rhythm Theme Posture	Choreography Transition Stillness Style Evaluate Technique	
Games	Challenge Competition Cooperation Opponent Team mate Communication Accurate Pass Shoot Dribble Run Sprint Personal best	Control Attack Defend Strike Field Fair play Bowl Agility Tactics	Interception Forehand Backhand Dominant Sportsmanship Stride length	They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Swimming			Open water Rescue Kick Pull Scull Dive Streamline	
OAA		Teammate Collaborate Under pressure Compass Control markers Obstacle Key	Negotiate (area) Route Navigate	