

Vocabulary Progression

Rugby

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Attack • Belts • Catch • Defend • Pass • Run • Space Target • Throw • Try	Tag • Belts • Target • Pass • Catch • Space • Attack • Run • Trick • Defend • Try • Target • Dodge • Teamwork	Dodge • Evade • Backwards • Pass • Accuracy • Target • Defend • Teamwork • Pocket Pass • Attack • Dummy • Speed	Avoid • Tag • Backwards • Cover • Pass • Share • Accuracy • Target • Defend • Mark • Agility • Pocket Pass • Attack • Dummy • Speed	Ready position • Tag • Stance • Speed • Attack / defend • Agility	Communicate • Effective • Accuracy • Mark/track • Attack • Defend • Tactics • Dummy

QAA

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Teamwork • Together • Compass • Map • Route • Directions • Safety • Orienteering • Problem solving • Challenge	Teamwork • Together • Compass • Map • Route • Directions • Safety • Orienteering • Problem solving • Challenge	Teamwork • Map Skills • Picture Orienteering • Control Plotting • Indoor Mapping • Communication • Problem Solving	Teamwork • Map Skills • Indoor mapping • Picture Orienteering • Control Plotting • Communication • Problem Solving	Teamwork • Map Skills • Indoor mapping • Picture Orienteering • Control Plotting • Communication • Problem Solving	Teamwork • Map Skills • Indoor mapping • Picture Orienteering • Control Plotting • Communication • Problem Solving

Football

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Ball Control • Control • coordination • Direction • Rules • Space Dribble • Movement • Partner	• Aim • Attack • Control • Coordination • Turn • Teamwork • Shooting • Passing • Speed • Space • Dribble • Defend • Space • Movement • Rules	Speed • Dribble • Movement • Shoot • Space • Marking • Attack • Defend • Decision • Accuracy • Tackle • Strike • Power • Receive • Position • Experiment	Defending • Attacking • Communication • Cooperate • Tactics • Teamwork • Turn • Experiment • Power • Strike • Trick • Target • Opposition • Possession • Position	Marking • Tactics • Accuracy • Experiment • Possession • Support • Tackle • Defence • Opposition • Patience • Power • Referee	• Marking • Tactics • Apply • Consider • Evaluate • Midfield • Possession • Opposition • Patience • Support • Closing down • Cover

Gymnastics

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Arch • Balance • Backwards • Direction • Straight • Dish • Explore • Forwards • High & Low • Travelling • Individual • Jump • Key Shape • Level • Tuck • Linking • Movement • Sequence • Shapes	Key shapes • Travel • Smart • Sequence • Balance • Explore • Individual • Arch • High/Low • Point • Routine • Dish • Straight • Tense • Linking • Level	Teamwork • Straddle • Experiment • Pathway • Level • Point • Front Support • Quality • Pike • Control • Routine • Combine • Apparatus • Arabesque • Practise • Describe	Teamwork • Transition • Experiment • Communicate • Level • Linking • Pike • Quality • Straddle • Control • Routine • Combine • Apparatus • Arabesque • Create • Describe	Front Support • Back Support • Creativity • Evaluate • Improve • Pose • Observe • Fluency • Flow • Flight	Asymmetrical • Body control • Creativity • Evaluate • Improve • Symmetrical • Observe • Fluency • Flow • Flight

Hockey

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Aim • Balance • Control • Ball Control • Direction • Dribble • Movement • React • Rules • Space • Speed • Stick	Rules • Score • Teamwork • Shoot • Target • Passing • Dribbling • Push pass • Space • Send & receive • Roll • Hockey stick • Goal • Direction • Attack & defend	Opposition • Passing • Dribbling • Shoot • Stick • Control • Teamwork • Direction • Decision Making • Aim • Turn • Stop • Possession • Speed • Slap pass • Push pass • Attack • Defence	Communicate • Cooperation • Defence • Marking • Possession • Power • Strike • Support • Tackle • Opposition • Avoiding • Recover • React • Attack • Defend • First touch	Indian Dribble • Close • Cover • Mark • Block • Slap Pass • Decision Making • Possession • Principles • Evaluate • Watch • Explore	Indian Dribbling • Close down • Cover • Track • Block • Slap Pass • Decision Making • Possession • Principles • Evaluate • Discuss • Explore

Fitness

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Jump • Land • Space • Hurdle • Control • Balance • Forfeit • Movement • Stretch • Speed • Stamina • Balance	Agility • Technique • Posture • Coordination • Height • Distance • Control • Relay • Fitness • Stamina • Energy	• Strength • Independent • Aerobic • Endurance • Self-Belief • Determination • Combination • Lifestyle • Core Strength	Achieve • Success • Aerobic • Endurance • Determination • Lifestyle • Technique • Identify • Healthy • Develop	•Develop • Combine • Endurance • Circuit • Core Strength • Lifelong appreciation • Determination •Benefit • Stamina	• Responsibility • Wellbeing • Encourage • Compare • Performance • Position • Ability • Recognise • Alternate

Basketball

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
•Aim • Ball control • Bounce •Throw & catch • Close • Control • Describe • Dribble • Explore • Pass • Roll• Swap • Ready • Skills • Team work	Aim • Catch • Close • Control • Explore • Pass • Ready • Teamwork • Accuracy • Rules • Score • Space	Shoot • Skills • Teamwork • Rules • Score • Space • Accuracy • Chest / bounce Pass • Speed • Dribbling • Passing • Possession	•Shoot • Rules • Chest / Bounce pass • Improve • Dribbling • Foul / Hold • Possession • Speed • Power •Set shot • Technique • Double Dribble	Mark • Evaluate • Tactics • Double Dribble • Foul / Hold • Awareness • Attack / Defend • Principles	Awareness • Management • Decision Making • Attack / Defend • Principles • Positions • Performance • Plays

Dance

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Actions • Copy Dance • Move • Beat • Count• Direction • Performance • Character • Create • Imagination • Position	• Actions • Beat • Smart • Character • Levels • Performance • Movement • Neat • Count • Practise • Expression • Improve • Create • Imagination • Unison	Audience • Canon • Choreography • Level • Fluency • Performance • Phrase • Position • Control • Tutting • Emotions • Expressions • Rhythm • Unison • Count	• Performance • Phrase • Control • Emotions • Timing • Expressions • Rehearse • Rhythm • Unison • Canon • Choreography • Fluency • Health & Fitness • Pose • Routine	Emotions • Expressions • Rehearse • Unison • Canon • Choreography • Fluency • Tutting • Routine • Together • Tutting • Question & Answer	Imaginative • Emotive • Expressive • Rehearse • Choreography • Pace • Question & Answer • Confidence • Experiment • Formation

Dodgeball

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Accuracy • Aim • Ball Control • Bounce • Control • Hands ready • Heart • React • Roll Rolling • Rules • Scoring • Teamwork Smash • Success • Target •	•Dodge • Throw • Catch • Bounce • Speed • Teamwork •React • Pass • Hands Ready • Roll • Reaction time •Control • Aiming • Target • Underarm	• Accuracy • Aim • Control • Space • React • Target • Teamwork • Strike • Compete • Dodge • Pass • Overarm • Speed • Duck • Movement • Underarm	Aim • Explore • Heart Rate • Dodge • Pass • React • Strike • Communicate • Position • Side shot • Overarm	Communicate • Accelerate • Accurate • Side shot • Defend • Agility • Balance • Coordinate • React • Attack	Communicate • Accelerate • Accurate • Side shot • Track • Strike • Agility • Balance • Coordinate • React • Attack & defend

Cricket

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Aim • Backwards • Ball • Ball Control • Bat • Bounce • Catch • Direction • Feeder• Forwards Free space• Grip • left and right • Stop• Movement • Score• Space •	Batting • Fielding • Striking • Grip • Long barrier • Teamwork • Catching • Wickets • Bat • Ball • Aim • Feeder • Fielder • Underarm • Striking	• Batting • Control • Feeder • Fielder • Grip • Score • Wickets • Communication • Long Barrier • Striking • Teamwork • Underarm • Wicket Keeper • Bowler • Position • Technique	Fielding • Fielder • Wickets • Communication • Striking • Teamwork • Underarm • Wicket keeper • Skill • Technique • Points • Swing • Tournament • Compare • Evaluate • Discuss • Free Space	Wickets • Wicket Keeper • Positions • Outfield • Skill • Crease • Technique • Awareness • Forward Defence • Tactics • Fast Bowl	Wicket Keeper • Crease • Outfield • Fast bowl • Technique • Quality • Run up • Tournament • Awareness • Bowling • Tactics • Straight drive • Block • Bowled out

Tennis

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Aim • Balance • Bounce• Move • Experiment • Ball control • Move • Racket • Receive Roll • Score• Send• Swing • Throw • Underarm	Batting • Fielding • Striking • Grip • Long barrier • Teamwork • Catching • Wickets • Bat • Ball • Aim • Feeder • Fielder • Underarm • Striking	Swing • Cooperative • Cooperative • Movement • Partner • Direction • Send • Catch • Court target • Power • Accuracy • Space • Free Space • Control • Bounce • Aim	Swing • Aim • Cooperative play • Movement • Partner • Direction • Send • Position • Court target • Power • Accuracy • Direction • Free Space • Control • In line • Racket	Court Target • Backhand • Rally • Power • Service • Cooperative • Competitive • Follow through • Respond • Decision Making • Teamwork • Doubles • Feedback • Position	•Strategy • Defence • Attack •Height • Travel • Positioning • On Court • React • Singles • Service • Backswing • Overhead • Selection • Respond • Evaluate

Athletics

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
• Coordination • Balance Landing • • Movement • Teamwork • Improve • Aim • Jump Measure • Throw • Target •	Challenge • Running • Landing • Aim • Coordination • Movement • Balance • Teamwork • Relay • Improve • Target • Speed	Challenge • Running • Landing • Aim • Coordination • Movement • Balance • Teamwork • Relay • Improve • Target • Speed	• Develop • Distance • Accelerate • Personal Best • Co-ordination • Movement • Push / Pull • Pace • Exchange • Timing • Communication • Triple Jump	Pace • Personal Best • Push / Pull • Discus • Record • Timer • Run up • Olympics	Evaluate • Feedback • Power • Cooperate • Fling • Olympics • Run Up • Compare