**11.1. Progression in Vocabulary**

The teaching and use of appropriate vocabulary forms an important part of teaching learning. These age specific 'key word' lists identify the vocabulary that we expect teachers to be using. In addition, specific key words (must words) will be selected from these lists for each unit of work for inclusion in the knowledge organisers.

These lists will continue to be updated and refined on an annual basis.

**11.2**

| EYFS Nursery | | |
|---|---|---|
| | Forwards | Ready, Steady, Go |
| | Backwards | Race |
| | Direction | Equipment |
| | Balance | High |
| | Change | Low |
| | Turn | Catch |

11.3

| EYFS Reception | Movement | |
|---|---|---|
| | Warm up | Stroke |
| | Cool down | Pace |
| | Lane | Stretch |
| | Float | Space |
| | Jump | Watch |
| | Land | Control |

11.4

Key Stage 1

| Gymnastics | Dance | Multi Skills | Athletics |
|---|---|---|---|
| Points | Compose | Actions | Balance |
| patches | Timing | Receive | Distance |
| strong (tension) | Gesture | Dribble | Hurdle |
| stretch (extension) | Dance phrase | Hit | Obstacle |
| Flight | Routine | Target | Relaxed |
| Bounce | Formation | Aiming | Relay |
| Wide | Choreography | Defender | Swing |
| Narrow | Rhythm | Attacker | Speed |
| Curled | Direction | Calling | Hopping |
| Slide | Spinning | Signalling | Underarm |
| Rolling | Turning | Rules | Over arm |
| Linking | Speeds | Shooting | Jog |
| Sequence | Levels | Rolling | Sprint |
| Leap | Tension | Striking | |
| Direction | Control | Catching | |
| Travel | Extension | Passing | |
| Short | Spring | Rebound | |
| Long | Movement | Bouncing | |
| Warm up | Pathways | Direction | |
| Cool down | Mood | Controlling | |
| Repeat | Control | Rules | |

11.5

| Lower Key Stage 2 | Gymnastics | Dance | Games |
|---|---|---|---|
| | Acceleration | Beats | Throw, catch, |
| | backwards | Express | control, accuracy, |
| | Contrasting | Flow | strike, ball, field, |
| | Cooperation | Gesture | tactics, opposition, |
| | Coordination | Mime | team mate, rules, |
| | Curled | Mimic | fair play, respect, |
| | Deceleration | Movement | possession, pass, |
| | Flexible | Music | lead, technique, |
| | Forwards | Pathway | attack, defence, |
| | Levels | Pattern | position, compete, |
| | Matching | Patterns | referee |
| | Mirroring | Rhythm | Throw, catch, |
| | Pathway | Robotic | control, accuracy, |
| | Sequence | Rotation | strike, ball, field, |
| | sideways | Timing | tactics, opposition, |
| | Twisting | | team mate, rules, |

11.6

| Lower Key Stage 2 | Athletics | Outdoor | Swimming |
|---|---|---|---|
| | Accuracy | Compass | metres, breast |
| | Control | Direction | stroke, water, |
| | Distance | Equipment | front crawl, |
| | Improve | Obstacle | back stroke, |
| | Pace | Over | breathe, pattern, |
| | Performance | Problem solving | fluent, control, |
| | Sustain | Support | strokes, |
| | Technique | Trail | efficiency, |
| | Hand over | Trust | length, start, |
| | Take off | Under | ascend, descend, |
| | Target | | safety |
| | Long Jump | | confident, |
| | Standing Jump | | water-based |
| | Pace | | situations, |
| | Sprint | | proficient |
| | Technique | | |

11.7

| Upper Key Stage 2 | Gymnastics | Dance | Games | Games |
|---|---|---|---|---|
| | anti clock wise | Action | Combine, technique, | Jump shot, drive |
| | Asymmetrical | aesthetics | run, throw, catch, | shot, block, |
| | Axis | Canon | pass, jump, kick, | goalkeeper, |
| | Canon | Choreograph | alone, team, | defender, attacker, |
| | clock wise | Clarify | possession, points, | handle, change |
| | communication | Combine | tactics, strike, bowl, | direction, side-step, |
| | contrasting | dynamic | volley, ball, | court, rebound, |
| | Counter-balance | fluent | accuracy, | foul, bowler, |
| | Counter-balance | improvise | forehand, | batsman, fielder, |
| | Flight | Motif | backhand, racket, | over-arm, underarm, |
| | Rotate | Reaction | defend, attack, | body position, grip, |
| | Spring | Stillness | anticipation, | wicket keeper, |
| | symmetrical | transition | direction, play, fair | batsman, umpire, |
| | Synchronisation | Unison | play, respect, | boundary, wicket, |
| | take-off | | competition, | crease |
| | | | leadership, role | Jump shot, drive |
| | | | model, | shot, block, |
| | | | communicate, | goalkeeper, |
| | | | collaborate, | defender, attacker, |
| | | | physical, sport, | handle, change |
| | | | Combine, technique, | direction, side-step, |
| | | | run, throw, catch, | court, rebound, |
| | | | pass, jump, kick, | foul, bowler, |

11.8

| Upper Key Stage | Swimming | Athletics | OAA |
|---|---|---|---|
| | breathe, pattern, | Consecutively | Compass |
| | fluent, control, | Consistency | Direction |
| | strokes, | Control | Equipment |
| | efficiency, | Evaluate | Obstacle |
| | length, start, | Improve | Over |
| | ascend, descend, | Leading leg | Problem solving |
| | safety, aerobic | Obstacles | Support |
| | confident, | Performance | Trail |
| | water-based | Release | Trust |
| | situations, | Retrieving | Under |
| | proficient, | Run up | |
| | breathe, pattern, | Stamina | |
| | fluent, control, | Sustain | |
| | strokes, | Take off | |
| | efficiency, | Technique | |