



The Flourish Federation P.E Progression in Vocabulary

Adopted	July 2022	Review	July 2023
---------	-----------	--------	-----------

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	copy remember character stillness control counts speed tempo swinging contact pathways travelling creeping	squirm puppet puppeteer order directions diagonal attention performance observe comment actions stimulus link twist carry jump roll turn balance dynamic softly heavily lightly	sequence linked actions pose duet solo repeat timing improvisation smooth/jerky fast/slow meeting parting facial expression	Flow Explore Create Perform Match Feedback Expression	Reaction Unison Represent Dynamics Control	Posture Canon Formation Performance Relationship	Phrase Structure Connect Choreograph Contrast Fluently
Gymnastics	travel balance still pattern body parts small large copy repeat body shape stretch curl tall big curled stretched under over on top of	turn remember narrow neat wide large body part small body part control apparatus sequence towards away from starting position finishing position push pull level speed describe	direction link match change adapt rock roll log roll rolling tuck straight shapes	Flow Explore create Matching interest Control Contrasting	Quality Perform Inverted Technique Apparatus Extension		Symmetrical Rotation Aesthetics Canon Asymmetrical Synchronisation Progression Momentum Fluently Stability Formation Counter balance Counter tension



The Flourish Federation P.E Progression in Vocabulary

Adopted	July 2022	Review	July 2023
---------	-----------	--------	-----------

	hands feet bunny hop high low slide roll crawl	rock tuck shape tight tuck motorbike landing jumping safety explore safe landing					
Travelling	direction walking jogging running pace jumping height distance hopping balance skipping directions avoiding	travelling carrying rolling stopping control dribbling inside of foot space awareness tactics avoid outwit opponent	speed accurately dribble attacking defending move hand-eye coordination equipment controlled				
Net & Wall Games				Serve Accurately Track Racket Control Rally Opponent	Receiver Backhand Outwit Court Forehand	Volley Footwork Set Tactics Co-operatively Continuously Dig	Deep Forecourt Defensive Consecutive Consistently Backcourt Attacking
Target Games				Rules Dodge Drive Receiver Putt Court/course Block	Chipping Opponent Swing Communicate Protect Align	Tactics Officiate Fair play Par Hole Pressure Power	Support Cooperatively Tournament Hazard Consistently Sportsmanship Outwit Bunker



The Flourish Federation P.E Progression in Vocabulary

Adopted	July 2022	Review	July 2023
---------	-----------	--------	-----------

Invasion Games				Track Receive Chest Shoulder Overhead Accurate Receiver Footwork Rebound tracking Interception Mark Travelling Playing area	Release Select control Consistently Technique Persevere Outwit Opposition Opponent Contact Pivot Court Field Pitch	Tactics Control Foul Pressure Onside Offside Support Obstruction	Consecutive Consistently Dictate Contest Formation Conceding Turnover Shutdown
Striking and Fielding	rolling target accuracy control throwing catching dribbling bouncing trapping movement	stopping underarm striking batting rackets rolling fielding receiving short distance tee target outwit opponents technique	barrier strike striking bats rackets release personal best tactics rules serve perform	Strike grip Rounder Backstop Bowl Post Wicket Batting Wicket keeper Fielding	Stance Retrieve Opposition Stumped Two-handed pick up Technique Short barrier	Pressure Backing up Support Overtake Tracking Outwit Tactics	Obstruction Continuous Drive hit Consecutive Consistently Co-operatively Defensive hit
Athletics	speed jogging take off landing height hurdles obstacle javelin shot put over-arm targets baton relay speed Olympics	travelling directions pace balance long jump ladders over-arm underarm	react shuttle run cardio combinations take-off distance personal best push pull accurately patterns controlled landings measure demonstrate technique	Speed Power Strength Accurately Higher Pace Control Faster Further	Power Stamina Officiate Perseverance Determination Accuracy Personal best	Technique Un sweep Rhythm Down sweep Flight Stride	Rotation Trajectory Continuous pace Force Complete Momentum Transfer of weight



The Flourish Federation P.E Progression in Vocabulary

Adopted	July 2022	Review	July 2023
---------	-----------	--------	-----------

OAA (Outdoor Adventurous Activities)					Rules Route Trust Navigate Grid Discuss Plan	Leader Effectively Symbol Inclusive Orientate	Collaborate Collective Navigation Tactical Control card Orienteering	Location Symbol Strategy Boundaries Critical thinking Co-operatively	
Swimming and Water Safety							Enter Exit Front Safely Kicking Back Splash Unaided Floating Breathing Crawl Breaststroke	Rotation Backstroke Stroke Treading water Buoyancy Exhale Surface Inhale Endurance Continuous Streamline	
Yoga								Strength Perform Link Flexibility Mindfulness Relax Down dog Notice High lunge Fluidity Salutation Transition Aware Collaboratively Connected Calm	
Leading a healthy, active life									