



Primary PE Vocabulary

Year Group	National Curriculum Statement	Vocabulary
EYFS	Builds fundamental movement foundations: exploring movement, negotiating space, developing balance, coordination, and beginning healthy habits.	move, run, jump, balance, space, stretch, coordination, rhythm, travel, control
Year 1	Develop fundamental movement skills; master basic movements (running, jumping, throwing, catching); participate in team games; perform simple dances.	run, jump, throw, catch, balance, agility, coordination, tactic, team, defend, attack, movement pattern
Year 2	Apply fundamental skills in broader contexts; develop simple tactics for attacking and defending; perform dances using simple patterns.	stamina, speed, reaction, sequence, dodge, intercept, tactic, rhythm, routine, cooperation
Year 3	Apply and develop broader skills; link actions; collaborate and compete; evaluate performance; develop flexibility, strength, technique.	flexibility, strength, technique, control, sequence, evaluate, improve, sprint, relay, posture
Year 4	Further develop skills; participate in competitive games; refine performance; outdoor adventurous activities.	strategy, accuracy, endurance, balance, apparatus, fielding, attacking, defending, navigation
Year 5	Use advanced skills; apply principles of attacking/defending; develop athletic skills; compare performance and improve.	power, acceleration, pacing, formation, coordination, rotation, vault, teamwork, challenge
Year 6	Consolidate advanced control, technique, and performance; take part in outdoor adventurous challenges; analyse performance; lead healthy lifestyles.	leadership, resilience, technique, precision, performance analysis, mapping, orientation, healthy lifestyle