

Indoor/NSA PE Vocabulary Progression Map 2020-21



Year Group	Autumn		Spring		Summer	
EYFS	<p>In the Early Years, PE is taught through Physical Development which is broken down into two strands; Moving and Handling and Health and Self Care. Children develop fine and gross motor skills from a range of activities both indoors and out. Children have opportunities to climb, swing, run, hop, jump, use bicycles and push and pull toys. Children are also encouraged to join in with dancing, moving their bodies to music. Fine motor skills are developed through a range of activities such as filling and pouring sand/water, completing a puzzle or using tweezers. These skills develop children's muscles so that they can use a pencil to write. Adults promote independence and encourage children to be responsible for their own hygiene and personal needs. Starting from Pre-School, the children are taught how to put their coats and shoes on and how to play with equipment safely. Snack is available daily which promotes discussion around healthy and unhealthy choices and how food can affect our bodies.</p>					
Pre-school	<p>Running</p> <ul style="list-style-type: none"> Run Stop Fast Slow Dodge Freeze Tag 	<p>Balance work</p> <ul style="list-style-type: none"> Balance tip toes squat big steps small steps 	<p>Climbing</p> <ul style="list-style-type: none"> Climb Reach up Pull up Arms Legs 	<p>Kicking a ball</p> <ul style="list-style-type: none"> Kick Foot Hard Soft Far Near Partner 	<p>Sports Day activities</p> <ul style="list-style-type: none"> Egg and spoon Bean bag Pick up Throw jump 	<p>Gross motor skills</p> <ul style="list-style-type: none"> Control Coordination Tall Crouch Bend Balance Straight, up , down Curvy, soft Zigzag Flow Loop the loop
Nursery	<p>Gross motor skills</p> <ul style="list-style-type: none"> As preschool strong firm gentle heavy stretch 	<p>Running</p> <ul style="list-style-type: none"> As preschool Avoid Obstacle Speed Around In and out 	<p>Climbing</p> <ul style="list-style-type: none"> As preschool Different arms/legs Balance Over Under Through 	<p>Throwing and catching</p> <ul style="list-style-type: none"> Catch Throw Aim Partner Look at target Target 	<p>Sports Day activities</p> <ul style="list-style-type: none"> As preschool and: Race Win Far fastest 	<p>Creative movement</p> <ul style="list-style-type: none"> slithering shuffling rolling crawling walking running

	reach tense floppy gallop slither follow lead copy		Hang Hold on forwards backwards	ball		skipping sliding hopping
Reception	Indoor: Gross Motor skills "Drawing Lines and Circles" Mark Making Through Movement As Nursery and: straight up and down/ side to side soft curved -circular -Looped -arched	Indoor: Gross Motor skills "Drawing Lines and Circles" Mark Making Through Movement (Continuation from Aut1)	Indoor: "Gymnastics: Over, Under, Through" Travelling Hop Skip Jump Over Under Through	Indoor: "Gymnastics: Over, Under, Through" Balance See Spring 1	Indoor: Dance: Dance a story: 'Jungle Book' See Spring 1	Indoor: Dance: Dance a song spring turn spin freeze statue space near far the spot beginning, middle, end fast strong gentle quick
1	NSA: FUNDAMENTAL MOVEMENT SKILLS USING TAG GAMES Avoiding Tracking a ball Rolling Striking/catching Overarm throwing Bouncing	NSA: DEVELOPING COORDINATION & AGILITY BLOCK 1 Avoiding Send Release Receive Dribble Direction	NSA: DEVELOPING COORDINATION & AGILITY BLOCK 2 Throwing Catch Target Overarm Underarm Aim Spot	NSA: COORDINATION GAMES Grip Posture Ball Pass Control Tackle Receive Tackle Coordination	NSA: Athletics based movement Run relay baton speed fast slow throw target overarm 2 feet to 1 foot	NSA: DEVELOPING DRIBBLING, HITTING & KICKING Kick Power Aim Hit Target

	Free space own space Opposite Team					
2	NSA: FUNDAMENTAL MOVEMENT SKILLS USING TAG GAMES rebound tracking or following the movement of a ball aiming speed direction passing controlling shooting scoring	NSA: DEVELOPING COORDINATION & AGILITY BLOCK 1 Throw Target Underarm Aim Dribble Space	NSA: DEVELOPING COORDINATION & AGILITY BLOCK 2 Throwing catching accurate aim compete target distance far furthest	NSA: COORDINATION GAMES Hand-eye coordination Balance Grip Control Pass Tackle Space Dribble	NSA: Athletics based movement Technique Different ways to start Height Length Far Furthest	NSA: DEVELOPING DRIBBLING, HITTING & KICKING Kick Power Hit Target Dribble Power Grip
3	NSA Tag rugby Evade Opponent Speed Direction Hold Control Pass Catch Target Position	NSA Football Dribble Shield / shielding Turn Control Change direction Evade Defend Possession opposition	NSA Netball Chest pass Bounce Throw Catch Space Two hands Overhead pass Shoulder pass Possession teamwork	NSA Rounders Throwing Catching Retrieve Teamwork Hit field	NSA Athletics Sprint Fast Foot Throw Aim Distance Far	NSA Tennis Control Racket Equipment forehand technique shot
4	NSA Tag rugby Pass Catch Dodge Tag	NSA Football Dribble in tight spaces Different touches on the ball - smaller/bigger/lighter	NSA Netball Chest pass Bounce pass Overhead pass Shoulder pass	NSA Rounders Field Return the ball Efficiency Batting technique	NSA Athletics Running Speed Distance Pace	NSA Tennis Ready position coordination score love

	Keep possession Keep control Make and use space Support Points/ goals Rules Tactics	Shielding techniques Opponent Pressure Turn with the ball Speed Direction Travelling with the ball Defender possession	Teamwork Movement skills Space Evade Defend Defender Possession shoot	Bowling technique Underarm Overarm Speed Pace Teamwork	Fast Medium slow Control Throw for distance	deuce advantage
5	NSA Tag Rugby Run Speed Direction Dodge Defence Attack Pass Teamwork	NSA Football Travel Ball Pressure Opponents Defending Shielding Turning Control Pass Send Receive Timing Short/medium/long distance Attack Possession	NSA: Netball One handed passing techniques Pivot Defend Screening techniques Shoot	NSA Rounders Accuracy catching cupped hands throwing underarm challenge score target bowler fielding stumped out Swimming	NSA Athletics Sprint Body control Sustain pace Relay Baton Swimming	NSA Tennis Backhand Forehand Tactics Turn the ball Volley Position Net Bounce Swing Swimming
6	NSA Tag Rugby possession repossession attackers defenders marking covering supporting team play	NSA Football Dribble Different kinds of touches (big/small) Space Evaluate Pressure Opponent Defender	NSA Netball Chest Pass Bounce Pass Shoulder Pass Footwork Pivot 3 Second rule Faint Dodge Sprint Dodge	NSA Rounders Catch aim cupped hands accurately different strength underarm backstop fielder	NSA Athletics Start technique Crouched position Accelerate Quick reaction Push pass Combination jump - triple jump Long jump	NSA Tennis Field Defend Attack Forehand Backhand Shots Strategy Tactics

	team positions	Skills Tricks Pass (long/short) Receive Send Teammates Attack Possession	Double Dodge Spin Dodge Non-contact Obstruction Rule Shooting Attacking Defending Formation	bowling bowler	Distance team positions	Backhand slice
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