

Outdoor and Teacher-led 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 reach tense floppy gallop slither follow lead copy 	<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 Hang Hold on forwards backwards 	<p>Throwing and catching</p> <ul style="list-style-type: none"> Catch Throw Aim Partner Look at target Target ball 	<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 skipping sliding hopping

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<p>Reception</p>	<p>Outdoor: Unit 2 EYFS "Throw Catch Kick" Focus on: Running, jumping and galloping (gross motor) Running Space Gallop Direction 1 foot to 2 feet hop</p>	<p>Outdoor: "Throw Catch Kick" Focus on: 'Rolling balls and other objects' Roll Partner Aim space</p>	<p>Outdoor: Throw catch kick: Focus on: 'Aiming skills using a variety of balls and other objects. Target hoop</p>	<p>Outdoor: Throw catch kick: Focus on: 'Throwing and catching skills' See Spring 2 Teamwork Catch 2 hands 1 hand Higher Lower</p>	<p>Outdoor: Throw Catch Kick Focus on: 'Kicking and dribbling activities' Kick Dribble control</p>	<p>Outdoor: Throw, Catch, Kick Focus on: 'Striking skills' See Summer 1 Strike Power Force Aim Goal!</p>
<p>1</p>	<p>Teacher: Gymnastics 'Travelling' land rock step spring crawl slide speed stop still Shapes tall long wide narrow Levels down along around</p>	<p>Teacher Dance: Winter festivals: Diwali See Autumn 1</p>	<p>Teacher: Gymnastics - taking weight on different body parts See Autumn 1 Load Balance Kean Counterbalance Trust Bodyweight Pivot Movement Transition Transfer</p>	<p>Teacher: Dance See Autumn 1 and 2</p>	<p>Teacher: Gymnastics: transferring weight from one body part to another See spring 1 Direction Describe Adapt Improvise</p>	<p>Teacher: year 1 dance See Autumn 1 & 2</p>

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2	<p>Teacher: Gymnastics 'Balance' Contrasting Stillness Balance body tension star balance one foot balance arabesque balance Shape twisted curled wide narrow tucked</p>	<p>Teacher: Dance: Communicating different moods, feelings and ideas through Relationships communication meeting/parting advancing/retreating leading/following mirroring/matching</p>	<p>Teacher: Gymnastics - Parts High and low See Autumn 1 and 2</p>	<p>Teacher: Dance Using dynamics to develop the dance - machines spatial awareness dynamic movement rhythmic movement strong movement partner levels speed accelerate soft flowing controlled steady</p>	<p>Teacher: Gymnastics: Jumping and Landing Build on previous Tuck Pike Half turn Quarter turn Star Landing Linking Precision Sequence</p>	<p>Teacher: Learning and Performing a style of dance - Salsa Salsa Poise Posture pivot turn Beats Pulse Rhythm Exaggeration Choreography Synchronised Simultaneous</p>
3	<p>Teacher: Travelling with a change of direction. Inverted Contrasting Extension Flow Combinations Half turn Sustained Explosive</p>	<p>Teacher: Dance: Unit 1 Linking dance actions - Outer Space group formations line partner follow lead unison canon repeat structure theme dance phrase improvisation explore</p>	<p>Teacher: Gymnastics: Stretching and curling. Contrasting Flow Half turn Stretched Curled Explosive</p>	<p>Teacher: Dance Unit 2 - Exploring cultural dance. Rhythmic chants Dynamics Body shape high, low sequence movement phrase counts, beats, pattern stomping, clapping, heavy, sinking energetic movements Narrative</p>	<p>Teacher: Dance: Myths and legends - Jason and the Argonauts. See Autumn 2</p>	<p>Teacher: Athletics: Sports Day Sideways Forwards/ backwards Aim Drop Bounce</p>

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4	<p>Teacher: Gymnastics 'Balance' rotation, 90°, 180°, 270° spinning axis strength, suppleness, stamina combine approaching, leaving height inversion similar and contrasting</p>	<p>Teacher: Dance 'Dance - Characters History Focus' analyse interpret evaluate Communication Gesture unison canon repetition action and reaction</p>	<p>Teacher: Gymnastics 'Receiving body weight' See Autumn 1</p>	<p>Teacher: Dance Dance - Characters Literacy Focus See Autumn 2</p>	<p>Teacher: Dance CHARACTERS - RE FOCUS Indian Gods incorporating the core task See Autumn 2</p>	<p>Teacher: Athletics Sports Day Sprint jog Pace Throwing action Stamina Speed Safety Relay Time Measure Record</p>
5	<p>Teacher: Gymnastics Flight Asymmetry Symmetry Display Matching Flight Feet apart feet together Crouch Inclined</p>	<p>Teacher: Dance Formations in historical dance. Compose Perform Traditional Contemporary Technique Poise precision Formation Processional Gesture slip step pivot</p>	<p>Teacher: Gymnastics Bridges See Autumn 1</p>	<p>Swimming</p>	<p>Swimming</p>	<p>Swimming</p>
6	<p>Teacher: Gymnastics Mirroring and Matching Match, mirror Tension Obstacle, Straddle over</p>	<p>Teacher: Dance: Visual media Dynamics: Unison, Canon, stillness, Interpret, Explore</p>	<p>Teacher: Gymnastics Counter balance - counter tension See Autumn 1 Counter balance Counter tension Obstacle</p>	<p>Teacher: Dance Putting on a performance. See Autumn 2 Motif Artistic intention</p>	<p>Teacher: Invasion games (Hockey) Possession repossession Attackers defenders Marking Covering</p>	<p>Teacher: Athletics (Sports Day) Run-up Position of feet on last stride Pacing stamina Relay take-over area</p>

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	Aesthetic Levels Directions Pathways angular		Straddle over Aesthetic Judgement		Supporting Team play team positions	Record Set targets
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