

# Outdoor and NSA PE Vocabulary Progression Map 2020-21



Year Group	Autumn	Spring	Summer			
<b>EYFS</b>	<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 Outdoors 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>					
<b>Pre-School</b>	<p><b>Running</b></p> <ul style="list-style-type: none"> <li>Run</li> <li>Stop</li> <li>Fast</li> <li>Slow</li> <li>Dodge</li> <li>Freeze</li> <li>Tag</li> </ul>	<p><b>Balance work</b></p> <ul style="list-style-type: none"> <li>Balance</li> <li>tip toes</li> <li>squat</li> <li>big steps</li> <li>small steps</li> </ul>	<p><b>Climbing</b></p> <ul style="list-style-type: none"> <li>Climb</li> <li>Reach up</li> <li>Pull up</li> <li>Arms</li> <li>Legs</li> </ul>	<p><b>Kicking a ball</b></p> <ul style="list-style-type: none"> <li>Kick</li> <li>Foot</li> <li>Hard</li> <li>Soft</li> <li>Far</li> <li>Near</li> <li>Partner</li> </ul>	<p><b>Sports Day activities</b></p> <ul style="list-style-type: none"> <li>Egg and spoon</li> <li>Bean bag</li> <li>Pick up</li> <li>Throw</li> <li>jump</li> </ul>	<p><b>Gross motor skills</b></p> <ul style="list-style-type: none"> <li>Control</li> <li>Coordination</li> <li>Tall</li> <li>Crouch</li> <li>Bend</li> <li>Balance</li> <li>Straight, up, down</li> <li>Curvy, soft</li> <li>Zigzag</li> <li>Flow</li> <li>Loop the loop</li> </ul>
<b>Nursery</b>	<p><b>Gross motor skills</b></p> <ul style="list-style-type: none"> <li>As preschool</li> <li>strong</li> <li>firm</li> <li>gentle</li> <li>heavy</li> <li>stretch</li> <li>reach</li> <li>tense</li> <li>floppy</li> <li>gallop</li> <li>slither</li> <li>follow</li> <li>lead</li> <li>copy</li> </ul>	<p><b>Running</b></p> <ul style="list-style-type: none"> <li>As preschool</li> <li>Avoid</li> <li>Obstacle</li> <li>Speed</li> <li>Around</li> <li>In and out</li> </ul>	<p><b>Climbing</b></p> <ul style="list-style-type: none"> <li>As preschool</li> <li>Different arms/legs</li> <li>Balance</li> <li>Over</li> <li>Under</li> <li>Through</li> <li>Hang</li> <li>Hold on</li> <li>forwards</li> <li>backwards</li> </ul>	<p><b>Throwing and catching</b></p> <ul style="list-style-type: none"> <li>Catch</li> <li>Throw</li> <li>Aim</li> <li>Partner</li> <li>Look at target</li> <li>Target</li> <li>ball</li> </ul>	<p><b>Sports Day activities</b></p> <ul style="list-style-type: none"> <li>As preschool and:</li> <li>Race</li> <li>Win</li> <li>Far</li> <li>fastest</li> </ul>	<p><b>Creative movement</b></p> <ul style="list-style-type: none"> <li>slithering</li> <li>shuffling</li> <li>rolling</li> <li>crawling</li> <li>walking</li> <li>running</li> <li>skipping</li> <li>sliding</li> <li>hopping</li> </ul>



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	passing controlling shooting scoring	Aim Dribble Space	target distance far furthest	Dribble	Length Far Furthest	Power Ball Grip
3	<u>NSA: Tag rugby</u> Evade Opponent Speed Direction Hold Control Pass Catch Target Position	<u>NSA: Football</u> Dribble Shield / shielding Turn Control Change direction Evade Defend Possession opposition	<u>NSA: Netball</u> Chest pass Bounce Throw Catch Space Two hands Overhead pass Shoulder pass Possession teamwork	<u>NSA: Rounders</u> Throwing Catching Retrieve Teamwork Hit field	<u>NSA: Athletics</u> Sprint Fast Foot Throw Aim Jump Distance Far	<u>NSA: Tennis</u> control Racket Ball forehand technique shot
4	<u>NSA: Tag rugby</u> Pass Catch Dodge Tag Keep possession Keep control Make and use space Support Points, goals Rules Tactics	<u>NSA: Football</u> Dribble in tight spaces Different touches on the ball - smaller/bigger/lighter Shielding techniques Opponent Pressure Turn with the ball Speed Direction Travelling with the ball Defender possession	<u>NSA: Netball</u> Chest pass Bounce pass Overhead pass Shoulder pass Teamwork Movement skills Space Evade Defend Defender Possession shoot	<u>NSA: Rounders</u> Field Return the ball Efficiency Batting technique Bowling technique Underarm Overarm Speed Pace Teamwork	<u>NSA: Athletics</u> Running Speed Distance Pace Fast Medium slow Control Throw for distance	<u>NSA: Tennis</u> Ready position coordination score love deuce advantage
5	<u>NSA: Ta Run</u> Speed Direction Dodge Defence Attack	<u>NSA: Football</u> Travel Ball Pressure Opponents Defending	<u>NSA: Netball</u> Build on Yr 4 vocab and: One handed passing techniques Pivot	<u>NSA: Rounders</u> Build on Yr 4 vocab and: Accuracy, body in line, catching, cupped	<u>NSA: Athletics</u> Sprint Fast Body control Sustain pace Muscles	<u>NSA: Tennis</u> Backhand Forehand Tactics Turn the ball Volley

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	Pass Teamwork Rugby	Shielding Turning Control Pass Send Receive Timing Short/medium/long distance Attack Possession	Defend Screening techniques Shoot	hands, throwing, underarm challenge, score, target, bowler, exercise, fielding, hitting, stumped out	Relay Baton	Position Net Bounce Swing
6	<u>NSA: Tag rugby</u> possession, repossession attackers, defenders marking covering supporting team play, team positions	<u>NSA: Football</u> Dribble Different kinds of touches (big/small) Space Evaluate Pressure Opponent Defender Skills Tricks Pass (long/short) Receive Send Teammates Attack Possession	<u>NSA: Netball</u> Chest Pass Bounce Pass Shoulder Pass Footwork Pivot 3 Second rule Faint Dodge Sprint Dodge Double Dodge Spin Dodge Non-contact Obstruction Rule Shooting Attacking Defending Formation	<u>NSA: Rounders</u> Throw Catch aim cupped hands accurately different strength throws underarm backstop fielder bowling bowler	<u>NSA: Athletics</u> Build on year 5 vocab and Start technique Crouched position Accelerate Quick reaction Push pass Combination jump - triple jump Long jump Distance	<u>NSA: Tennis</u> Field Defend Attack Forehand Backhand Shots Strategy Tactics Backhand slice