

Outdoor and NSA PE Vocabulary Progression Map 2023-2024



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 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>					
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: "Throw Catch Kick" Focus on: Running, jumping and galloping (gross motor) As Nursery Aut 2 and: Running Space Gallop Direction Jump 1 foot to 2 feet hop</p>	<p>Outdoor: Throw Catch Kick" Focus on: 'Rolling balls and other objects' Roll Partner Ball Aim Space</p>	<p>Outdoor Throw catch kick: Focus on: 'Aiming skills using a variety of balls and other objects.' Build on Aut 2 and: Target hoop</p>	<p>Outdoor: Throw catch kick: Focus on: 'Throwing and catching skills' Same as Nursery Spring 2 and: Aim Teamwork Space Catch 2 hands 1 hand Higher Lower</p>	<p>Outdoor: Throw Catch Kick Focus on: 'Kicking and dribbling activities' Kick Dribble In and out around cones control</p>	<p>Outdoor: Throw, Catch, Kick Focus on: 'Striking skills' Continuation from Summer 1 and Strike Kick hard Aim Goal!</p>
<p>1</p>	<p><u>Fundamental Movement Skills Through Tag Games</u> space, safety, scanning, tag, sprint, pounce, avoid, burst, dodge, reactions, start position, release, escape, energy, rules, sports, exercise</p>	<p><u>Exploring Manipulative Skills</u> aim, target, send, accurate, timing, dribble, control, turn, protect, escape, bounce, waist, control, change direction, speed</p>	<p><u>Functional Movement</u> run, jog, skip, opposite, instructions, pattern, directions, aim, trap, accurate, kick, pass, distance, strike, stance, ready, bend, stretch, balance</p>	<p><u>Developing Manipulative Skills</u> partner, catch, throw, safety, object, hands, moving, partner, chest, distance, overarm, target, send, release, team, competition, success</p>	<p><u>Movement Concepts</u> take-off, flight, landing, marching, beat, sequence, ready position, scan, space, lunge, balance, stable, side-step, hop, directions, bounce, grip, receive</p>	<p><u>Athletics Fundamentals</u> athletics, movement, jump, knees, hips, ankles, obstacle, angles, height, distance, push-throw, sprint, relay, extend, elbows, stations, rules, safety, fair play</p>
<p>2</p>	<p><u>Fundamental Movement Skills Through Tag Games</u> safety, respect, listening, taking turns, team, tag, trick, side-step, evade, control, energy, consistent, positive, balance, concentrate, circuit, decisions, rules</p>	<p><u>Exploring Manipulative Skills</u> target, aiming, accuracy, weight, underarm, power, control, follow through, dribbling, touches, control, sole, skill, trick, disguise, bounce, snap, wrist,</p>	<p><u>Functional Movement</u> safety, respect, listening, taking turns, team, tag, trick, side-step, evade, control, energy, consistent, positive, balance, concentrate, circuit, decisions, rules</p>	<p><u>Developing Manipulative Skills</u> partner, chest-pass, eye contact, objects, variety, distances, accuracy, shoulders, hands, release, finger tips, rotate, scoring, opponent, game, teammate,</p>	<p><u>Movement Concepts</u> leap, lunge, opposite, landing, agility, disguise, evade, reaction, support, pass, receive, stance, grip, strike, football, dribble, touches</p>	<p><u>Athletics Fundamentals</u> posture, running, bounce, coordination, extend, distance, angles, pull-throw, bounce-push, combine, sequence, track, lean, javelin, accelerate, relay, take-off, flat footed, stations, rules, safety</p>

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		guard, protect, block, shield		competitive, demonstrate		
3	Netball target, eye contact, chest pass, bounce pass, power, distance, scanning, movement, timing, overhead pass, shoulder pass, possession, teammate, defender, court, distance, power	Football scanning, dribbling, touches, shield, protect, hide, drag back turn, hook turn, defender, skill, trick, feint, accelerate, disguise, creative, unpredictable, respect, encourage, support	Hockey grip, control, dribbling, contact, rotate, direction, twist, defender, disguise, accelerate, shoot, strike, power, accuracy, weight of pass, eye contact, assessment, competitive, opponent	Tennis ready position, balance, movement, agility, V-grip, racket, control, develop, grip, racket head, forehand shot, side-on position, concentration, distance, control, accuracy, group, taking turns, competitive, respect	Athletics posture, sprint, reactions, accelerate, power, speed, push throw, agility, pull throw, distance, safety, pace, teamwork, long distance, events, performance, challenges	Rounders ready position, cup technique, anticipate, bowling, grip, release, transfer, striking, fielding, coordination, stance, intentional, fielding, short pick up, short barrier, retrieve, pick up, runs, competition
4	Netball chest pass, bounce pass, intercept, technique, overhead pass, shoulder pass, scan, evade, recognise, pressure, opponent, support, shooting, target, scoring, positions, rules, respect, referee	Football Possession, control, traveling, block, shield, outside hook, inside hook, evade, trick, unbalance, unpredictable, exciting, creative, respect, teamwork, resilience	Hockey possession, rotate, scanning, evade, slalom, deceive, opponent, balance, power, distance, strike, push-pass, grip, receive, jab tackle, timing, safety, intercept, assessment, demonstrate, compete	Tennis ready position, sport specific, balance, flight, anticipate, angles, forehand, timing, bounce, rotation, C-shape, backhand, volley, attacking, risk & reward, rules, respect, sportsmanship,	Athletics Reaction speed, sprint start, arms and shoulders, coordination, rhythm, hips, knees, extend, ankles, weight, long jump, shot putt, push throw, techniques, competitor, respect	Rounders hand to eye coordination, accuracy, anticipate, consistency, height, distance, grip, stance, timing, fielding, long barrier, two handed pick up, backing up, designated, competitive, scoring
5	Netball technique, variety, scenario, opposed, fakes, disguised pass, pivot, footwork, lead foot, marking, intercepting, anticipate, pressure, composure, rebound, obstruction, rules, positions	Football dribbling, running with the ball, control, pressure, opponent, opposed, unbalanced, skills, deceive, body shape, weight of pass, accuracy, intercept, marking, tracking,	Hockey Travel, grip, directions, rotation, posture, outwit, defender, evade, passing, accuracy, disguise, receiving, support, movement, shooting, power,	Tennis tracking, trajectory, reactions, adjustment, grip, stance, two handed backhand, action, follow through, volley, technique, shape of shot, scoring,	Athletics rapid, acceleration, body lean, drive, reaction, pull throw, transfer, body weight, rotation, staggered, extension, trajectory, heave throw, sustain, pacing, baton, relay,	Rounders positioning, efficiency, accuracy, intended direction, stance, footwork, backstop, responsibilities, decisions, deep fielder, long barrier, orthodox, unorthodox, tactics, awareness, game

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		movement, support play, create space, scanning	finishing, respect, teamwork, leadership, honesty	umpire, competitive, respect	scissor jump, decathlon, heptathlon, consistency, long jump, hang time	understanding, observation, communication
6	<p><u>Netball</u> variation, opposed, possession, movement, support, create space, attacking principles, pivot, footwork, overload, underload, outnumbered, composure, rebound, sportsmanship, game understanding, respect, competition, Hi-five netball</p>	<p><u>Football</u> recognise, exploit, decision making, game understanding, shield, protect, creativity, flair, unpredictability, combination play, connect, keep possession, techniques, communication, break lines, split pass, interception, movement and support, disorganise, exploit space, tactics, strategy</p>	<p><u>Hockey</u> Indian dribble, evasive, individual possession, rotate, eliminate, forehand drag, unbalance, jab tackle, intercept, spoil, marking, sweep pass, passing range, through pass, shoot, finesse, pressure, opposed, exploit space, awareness, creativity</p>	<p><u>Tennis</u> reaction speed, footwork, agility, coordination, recovery shot, cross court shot, top spin drive, consistency, cooperative, rally, rules, scoring system, doubles, singles, observation, fairness</p>	<p><u>Athletics</u> obstacles, hurdles, timing, consistency, stride length, triple jump, dynamic sling throw, combination, rotation, hammer throw, run up, compete, safety, javelin, flight, push pass, communication, measure, performance, resilience</p>	<p><u>Rounders</u> reaction speed, hand to eye coordination, awareness, batting tactics, effectiveness, attack the ball, efficient, decision making, technique, pressure, observation, strategy, tactics, impartial, feedback</p>