St James' Church of England Primary School and Nursery

PE Vocabulary Curriculum Map

	Autumn 1 2024
Year 1	Footwork / Shape / Travel
Year 2	Footwork / Balance / Travel
Year 3	Footwork / Travel / Rotation
Year 4	Footwork / Balance / Rotation
Year 5	Ball skills / reaction / response / hand apparatus / low apparatus
Year 6	Ball skills / reaction / response / hand apparatus / low apparatus

Starting October 2024

	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 Theme	Social	Cognitive	Creative	Physical	Fitness
Year 1 Vocabulary	• Width • Take-off • Balance • Jump • Swing • Height • Control • Landing (soft)	• Fluidity • Maintain • Heels • Forwards • 90 degrees • Lifting • Marching action • Heel to toe landing • Hips to lips	• Upper body • Legs • Down • Stand • Up	• Strike • Along the group • Catch • Rally • Bounce • Throw • Soft hands	• Seated • Position • Accelerate • Lying • Bouncing

Year 2 Theme	Social	Cognitive	Creative	Physical	Fitness
Year 2 Vocabulary	• Width • Take-off • Balance • Jump • Swing • Height • Control • Landing (soft) • Straight • Dynamic • Balls of feet • Momentum	• Fluidity • Maintain • Heels • Forwards • 90 degrees • Lifting • Marching action • Heel to toe landing • Hips to lips	• Upper body • Legs • Down • Stand • Up • Tummy • Around • Alternate • Apart • Height	• Strike • Along the group • Catch • Rally • Bounce • Throw • Soft hands • Alternately • Same foot • Position • Kick • Return • accuracy	• Seated • Position • Accelerate • Lying • Bouncing • Hips to lips • Driving arms
Year 3 Theme	Social	Cognitive	Creative	Physical	Fitness
Year 3 Vocabulary	• Straight • Dynamic • Balls of feet • Momentum • Maintain • Forwards • Freeze • Backwards • Side-to-side	• Heel to bottom • Extend • Lunge • 90 degree angle • Sink hips • Driving	• Cross-over • Opposite • Consistency • Circuit • Fluency • Repeatable	• Pushing off hard • Extend • React	• Long barrier • Topping • Knee sideways
Year 4 Theme	Social	Cognitive	Creative	Physical	Fitness
Year 4 Vocabulary	• Straight • Dynamic	• Heel to bottom • Extend	• Cross-over • Opposite	• Pushing off hard • Extend	• Long barrier • Topping

	• Balls of feet • Momentum • Maintain • Forwards • Freeze • Backwards • Side-to-side	• Lunge • 90 degree angle • Sink hips • Driving	• Consistency • Circuit • Fluency • Repeatable	• React	• Knee sideways
Year 5 Theme	Social	Cognitive	Creative	Physical	Fitness
Year 5 Vocabulary	• Sidestep • Stand • Front/reverse pivots • Continuous • Repeat • Lateral step-over • Lateral step-behind	• Alternately • Racket • Partner • Across body • Either hand • Gravity • Evolley • Widen	• Reach • Force • Apply • Steady	• Vertical • Stance • Turn • Tuck • Lunge • Bean • Directions • Raising • 180 degrees half turn • Gravity	• react • peripheral vision • pivot
Year 6 Theme	Social	Cognitive	Creative	Physical	Fitness
Year 6 Vocabulary	• Sidestep • Stand • Front/reverse pivots • Continuous • Repeat • Lateral step-over • Lateral step-behind	• Alternately • Racket • Partner • Across body • Either hand • Gravity • Evolley • Widen	• Reach • Force • Apply • Steady • 360 degree • Losing balance • Uneven surface	• Vertical • Stance • Turn • Tuck • Lunge • Bean • Directions • Raising	• react • peripheral vision • pivot • instep • challenge • spot

	• Lunge walk • Curved pathway • Base of support			• 180 degrees half turn • 360 degrees full turn • Position • Adjust • Centre • spot	