

Langton Primary School

Physical Education Curriculum – Vocabulary Progression



Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
<p>backwards, balance, ball, beanbag, bounce, catch, climb, curl, dance, forwards, games, gym, high, hit, hoop, jump, kick, low, move, opponent, repeat, roll, run, sequence, sideways, skills, slide, start, stop, stretch, stroke, swim, teammate, throw, travel, walk.</p>	<p>activity, accuracy, athletics, basketball, challenge, control, communication, cool-down, coordination, cricket, distance, dodge, field, football, heartrate, hurling, game, muscles, netball, opposition, overarm, physical, position, possession, putting, quoit, rounders, rugby, rules, tactics, team, tennis, underarm, warm-up.</p>	<p>abseil, archery, athletics, attacking, backhand, badminton, defending, discus, canoe, cardiovascular, competition, demonstration, direction, endurance, exercise, fitness, flexibility, forehand, gymnastics, high-jump, javelin, kayak, long-jump, overarm, performance, precision, racquet, speed, standing-jump, stamina, strength, underarm, volleyball.</p>