



Infinity Academies Trust

PE Vocabulary Progression Grid

	EYFS	KS1	KS2
Outdoor and Adventure (OAA)	Space Around Over Under Through	Team Instructions Follow Challenge	Resilience
Athletics	Running Skipping Jumping Throwing Stepping Push Pull	Travelling Pumping Techniques Sprinting Accuracy Overarm Distance Power Strength Stretch Muscles Fitness Skills	Endurance Resistance Stamina
Gymnastics / Yoga	Balance Star Straight Line Mat	Sequence Arch Tuck Crab Movement Action Apparatus	Fluid Precision Stability Smooth Transitions Clear Extensions

Sending and Striking	Patting Throwing Kicking Rolling	Striking Grasping Fielder Bowler Bowling Control Sending and Striking Games (rounders, football, netball, cricket, hockey, tennis)	Co-ordination Precision
Team Games	Rules Follow Game	Tactic Goal Points Encouragement Attack Defence	Coaching Feedback
Dance	Move Dance Shake Turn	Repetition Routine Pattern Pathways- (Zig -Zag, Curved, Straight) Level Speed Direction Improvising Emotion Perform	Recurring idea (motif) Stimuli/stimulus Fluency Dynamics Energy Flow Explosive Jerky
Swimming			Splash Water Swim Kick Jump Front Crawl Stroke Breast Stroke Back stroke Butterfly Straddle

			Surface Tumble-turn Tread water Depth Bubbles Dive Length Width Metre Rhythm Sink Float Deep Glide Rotate Shallow Tuck breath Scull Submerge
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Our progressive vocabulary ladder identifies key vocabulary to be taught from EYFS to year 6. These words are part of a whole host of work aimed at narrowing the vocabulary gap for our children. As a school we aim to expose all children to a broad range of vocabulary and provide them with the skills to use and apply these. Beyond this, we know that, ultimately, the most powerful method of broadening and deepening the vocabulary of our children is to get them to read a significant amount. Reading for pleasure, talking about reading, and great teaching of reading by every teacher can make a real difference.