

PE Progression of Vocabulary for Gym and Dance

EYFS Gym	Year 1 and 2 Gym	Year 3 and 4 Gym	Year 5 and 6 Gym
Forwards	In front	stretch	Muscles
Backwards	Speed	push	Joints
Sideways	Slow	pull	Symmetrical/ asymmetrical
Roll	fast	step	Rotation
Slow	Land	spring	Turn
Body parts	Over	crawl	Shape
Shape	Off	still	Landing
Jump	High	tall	Take-off
Travel	Low	long	Flight
Stretch	Balance	forwards	Performance/ Evaluation
Wide	Twisted	high	Leadership
Narrow	Curled	low	Officiating
w	Level	roll	Elements
	Under	Explosive	Twist
	Copy	Combination	Criteria
		Evaluate	Extension
		Improve	Judgement
		Adapt	Judge
		Curled	Combination
		Stretched	Performance
		Strength	Parallel
			Creativity
			Flight
			Timing

EYFS Dance	Year 1 and 2 Dance	Year 3 and 4 Dance	Year 5 and 6 Dance
Travel Stillness Direction Space Body parts Levels Speed	Stillness Direction Beginning Middle End Feelings Pathways Rhythm	Space Repetition Action and reaction Pattern Repeat Dance Phrase Character Gesture Repetition Mirror Performance Technique	Dance style Variation Unison Canon Formation Improvisation Phrase Interpret Exploration Choreography