

PE – Key Vocabulary

	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Football	<ul style="list-style-type: none"> • Instep - Inside of foot - Key for passing • Pass - Asking a player for a pass • Laces - Key when shooting & dribbling • Dribble - To run with the ball • Shoot - Telling a teammate when to shoot • Handball - A foul committed by using hands • Foul - An illegal action such as pushing or tripping • Tackle - To challenge for the ball • Goal - When the ball is kicked into the goal 	<ul style="list-style-type: none"> • All in key stage one should be acquired and recapped • Pass to feet - Asking for a pass to feet • Player on - Telling a teammate when they are under pressure. • Time - Making a player aware when they have time on the ball. • Defending - To prevent the other team from scoring • Attacking - To try and invade and score. • Possession - To try and keep the ball. • General rules such as Goal kick, Centre kick, throw in, Fouls etc 	<ul style="list-style-type: none"> • All should be recapped from LKS2 and reinstated • Retention - To retain the ball. • Press - To apply pressure to the opponent • Competitive - To be as good or better than opponent and compete. • Positions - GK, Defender, midfielder attackers and the roles involved within these. • Tactics - A planned strategy. • Offside law. • Fair play .
Basketball	<ul style="list-style-type: none"> • Pass - Asking a player for a pass • Foul - An illegal action such as pushing • Dribble - To bounce and move with the ball • Basket - When the ball is thrown into the basket/hoop • Shoot - 	<ul style="list-style-type: none"> • Double dribble - Two hands when dribbling • Block - To stop movement of opponent or stop a pass or shot • Travelling - Moves both feet with bouncing the ball • Personal foul - When a player challenges another player unfairly. • Technical foul - A player or coach who argues with a referee. • Chest, bounce and shoulder passes • Three throw - shooting from outside the D 	<ul style="list-style-type: none"> • Tip off - The start of a game in basketball • Jump shot - Jump to make a shot at the basket • Lay up shot - Shooting of the back board • Positions on the court - Small forward, • Quarters - Played over four quarters. • Assist - To pass to a team mate who scores. • Backboard - The board behind the basket • Guarding - Player on player tactic to stop them shooting or dribbling. • Possession - To be in control of the ball • Rebound - Getting the ball of the backboard after a failed shot. • Violation - When a player breaks the rules
Dodge ball	<ul style="list-style-type: none"> • Catch - catching the ball • Throw - to throw the ball • Out - If a ball hits you without bouncing anywhere between the shoulder and toes. • Face/head shot - When a player is hit in the head, this doesn't count • Rush - To run to the centre to collect a ball at the side of the game • Dodge - To move out of the way of the ball 	<ul style="list-style-type: none"> • Centre line - The marking the separate the court and teams • Ball block - Using a ball to block a ball thrown at you. • Eliminating - To get the other players out. • Out of bounds - A ball that leaves the court • Back line - The furthest line back for your team • Off sides - If a player places feet inside centre line they are deemed out • Throwing technique - Aim low with throws 	<ul style="list-style-type: none"> • Tactics - Planning a strategy • Team work - To support each other • Catching rule - Player who throw the ball ois out and the catcher can bring back in a teammate • Communication - To use verbal commands/speak

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Rugby (Tag)	<ul style="list-style-type: none"> • Pass - To make a pass to a teammate • Ball • Running with the ball • Foul - Tag rugby is none contact e.g. no pushing • Try - When the ball is grounded over the try line • Tag - When a player is tagged • Pitch - The area a game is played in 	<ul style="list-style-type: none"> • Forward pass - Illegal pass thrown to a position in front of the player • Tackle - When a tag is taken from an opponent • Touchline - One of two lines that form the area down the sides of the pitch • Tap/play the ball 	<ul style="list-style-type: none"> • Tap/Play the ball - To restart the game after being tagged • Dummy - To throw a fake pass • Attacking • Defending • Tactics
Athletic s	<ul style="list-style-type: none"> • Jumping - Long jump • Jogging & sprinting (Difference) • Throwing • Warm up - Why? What is a warm up? 	<ul style="list-style-type: none"> • Co-ordination • Strength • Individual & team (Difference) • Agility • Long distance/endurance • Balance • Communication • Speed 	<ul style="list-style-type: none"> • Dynamic/static stretching • Relay • Acceleration • Endurance • Main muscle groups in the body • Triple jump
Gymnast ics	<ul style="list-style-type: none"> • Shape • Control • Balance • Travelling • Jumping 	<ul style="list-style-type: none"> • Fluid • Rolling • Turning • Agility • Co-Ordination • Spatial awareness 	<ul style="list-style-type: none"> • Body management • Vault • Leverage • Rotation

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Striking & fielding	<ul style="list-style-type: none">• Throw - Underarm• Catch• Bat• Ball – Tennis or soft cricket ball• Strike	<ul style="list-style-type: none">• Barrier - Long & short• Wicket• kwik cricket• Runs• Bowling• Overarm• Positions - Wicket keeper, fielder, bowler, batter• Rules	<ul style="list-style-type: none">• Objective• Shot selection• Rounders - Rules• Base• Rules• Advance• Runs• Tactics
Dance	<ul style="list-style-type: none">• Control• Sequence• Repeat• Remember• Movements• Mood/Feeling• Perform.• Ideas• Music	<ul style="list-style-type: none">• Creative and imaginative• Expressively• Emotion• Communicate• Refine• Clear and fluent.• Compose	<ul style="list-style-type: none">• Themes/genres• Fluently and effectively.• Structure & Phases• Artistic• Develop• Acquire
Swimming			
OAA			<ul style="list-style-type: none">• Orientate• Adapt• Actions• Situations• Plan• Challenge• Communicate• Unfamiliar• Environments

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Handball	<ul style="list-style-type: none"> • Dribble • Pass • Catch • Shoot • Space 	<ul style="list-style-type: none"> • Overarm pass • Acceleration • Communicate • Movement • Non-contact • Attack • Defend • Team work 	<ul style="list-style-type: none"> • Pressure • Disguise • Create • Rebound • Attack • Demonstrate • Support • Contain • Positions • Tactics
Net and Wall	<ul style="list-style-type: none"> • Racket • Ball • Strings • Grip • Court • Understand • Perform 	<ul style="list-style-type: none"> • Stance • Serve • Understand • Weight • Select • Strike • Court • Shot types - backhand & forehand • Foot work • Co-Ordination • Agility • Movement • Balls of the feet • Progress 	<ul style="list-style-type: none"> • Manipulate • Racket face • Lines - Lines on the court • Awareness • Position • Guidance • Rally • Communication (2 v 2) • Position (on the court)
SAQ Unit	<ul style="list-style-type: none"> • Speed • Agility • On your toes • Forwards, backwards, Lateral - Sideways. Y2 Diagonal • Equipment terminology • Travel • Move • Arms 	<ul style="list-style-type: none"> • Understand • Agility • Balls of the feet • Lip to hip (arm technique) 	<ul style="list-style-type: none"> • Acceleration • Change of direction • Awareness • Body position

PE – Key Vocabulary

Fundament

als unit

KS1

- Balance
- Space
- Throw (Including terms used, under arm, over arm)
- Catch (Two hands Y1, with one hand Y2)
- Equipment terminology
- Ways to travel, hopping, skipping, side steps, jogging
- Teamwork
- Dribble
- Shoot
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