



Glascote Academy Curriculum: Physical Education (PE) Vocabulary



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
6	Badminton Deep Consecutive Consistently Forecourt Backcourt Attacking Defensive	Dance – Urban freestyle Travel Turn Jump Stillness Level Gesture 32 count phrase Beat Phrase	Gymnastics Travelling Rolling Balance Jumping Sequence Apparatus Theme Rhythm and Beat Timing Spinning Speed Tuck Stretch Dish Counterbalance Arch Star Pike Twirl Symmetrical Asymmetrical		Bootcamp Technique Momentum Rhythm Agility Drive Power Flexibility Record analyse	Athletics Rotation Force Trajectory Compete Momentum Transfer of weight Continuous pace
	Basketball Consecutive Formation Consistently Conceding Dictate Turnover Contest Shut down	Football Consecutive Formation Consistently Conceding Dictate Turnover Contest Shut down	Cricket Consecutive Obstruction Consistently Continuous Co-operatively Drive hit Defensive hit	Tennis Deep Consecutive Consistently Forecourt Backcourt Attacking defensive	Tag rugby Consecutive Formation Consistently Conceding Dictate Turnover Contest Shut down	Rounders Consecutive Obstruction Consistently Continuous Co-operatively Drive hit Defensive hit
5	Tag rugby Tactics Offside Control Foul Support Pressure Obstruction onside	Dance - Highland fling Finger placement Movement combination Diagonal	Gymnastics Travelling Rolling Balance Jumping Sequence Apparatus Theme Rhythm and Beat Timing Spinning Speed Tuck Stretch Dish Arch Star Counterbalance Pike Twirl Symmetrical Asymmetrical		Badminton Volley Tactics Footwork Co-operatively Set Continuously dig	Athletics Upsweep Flight Stride Rhythm Down sweep Technique
	Swimming Exit Enter Travel Kicking Back Front Pulling Gliding Splash Floating Breathing Unaided Submersion Crawl	Rotation Flutter kick Breaststroke Backstroke Survival streamline Treading water Buoyancy Endurance Exhale Inhale	Netball Tactics Offside onside Control Foul Support Pressure Obstruction	Hockey Tactics Offside onside Control Foul Support Pressure Obstruction	Rounders Overtake Pressure Tracking Backing up Outwit Support tactics	Cricket Overtake Pressure Tracking Backing up Outwit Support tactics

4	Basketball Outwit Pivot Opposition Court Opponent Contact Field Pitch	Dance - Freestyle Travel Turn Jump Balance Choreography Count Beat Dance - Broadway Pose Balance Turn Twist Roll Stillness Unison Cannon	Gymnastics Travelling Rolling Roll Balance Jumping Sequence Apparatus Theme Rhythm and Beat Timing Leaping Spinning Speed Tuck Stretch Dish Arch Star Pike Arabesque Receive	Badminton Receiver Outwit Backhand Forehand court	Athletics Determination Officiate Accuracy Stamina Personal best Perseverance Power
	Tennis Receiver Outwit Backhand Forehand court	Hockey Outwit Pivot Opposition Opponent Contact Field	Swimming Exit Enter Rotation Flutter kick Travel Kicking Breaststroke Back Front Backstroke Pulling Gliding Survival streamline Splash Floating Treading water Breathing Unaided Buoyancy Endurance Submersion Crawl Exhale Inhale	Cricket Stance Retrieve Opposition Technique Stumped Short barrier	Rounders Stance Retrieve Opposition Technique Short barrier
3	Invasion games fundamentals Receiver Interception Footwork Mark Rebound Travelling Tracking Playing area	Dance- Bollywood Bee fingers Twisting hands Pressed palms Chopping arms Jumping Dance - Irish Jig Pixie skip Flick cross Cannon Formation Heel-toe Ball-change	Gymnastics Travelling Rolling Arabesque Balance Jumping Sequence Apparatus Theme Rhythm and Beat Timing Leaping Spinning Speed Tuck Stretch Dish Arch Star Pike Half straddle	Badminton Serve Racket Control Accurately Rally Track Opponent	Athletics Speed Higher Further Pace Power Control4strength Accurately Faster
	Football Receiver Interception Footwork Mark Rebound Travelling Tracking Playing area	Netball Receiver Interception Footwork Mark Rebound Travelling Tracking Playing area	Hockey Receiver area Interception Footwork Mark Rebound Travelling Tracking Playing	Tennis Serve Racket Control Accurately Rally Track Opponent	Rounders Strike Grip Post Rounder Batting Backstop Bowl Fielding
2	Fundamental skills Speed Dodge Steady Jog Sprint Hurdle	Dance - Samba Shimmy Wave Clap Roll Travel Jump Turn Carnival Samba Pose Beat Rhythm Dance - Cheer leading Big Strong Pose Balance Jump Beat Regular beat	Gymnastics Travelling Rolling Balance Jumping Sequence Apparatus Theme Rhythm and Beat Timing Leaping Spinning Speed Tuck Stretch Dish Arch Star Pike Pathways Levels Roll Receive	Ball skills (invasion games) Received Possession Send Goal Dodge Teammate Bounce pass Chest pass	Athletics Take off Jog Height Distance Sprint Landing Overarm underarm

<p style="text-align: center;">1</p>	<p>Fundamental skills</p> <p>Fast Slow Hop Direction Land safely</p>	<p>Dance – Cheer leading</p> <p>Big Strong Pose Balance Jump Dance – Flamenco Stomp Clap Heel Toe beat</p>	<p>Gymnastics</p> <p>Travelling Rolling Balance Jumping Sequence Apparatus Theme Rhythm and Beat Timing Leaping Spinning Speed Tuck Stretch Dish Arch Star Pike Pathways Levels Spiral Swing Mirror</p>	<p>Ball skills (invasion games)</p> <p>Defender Attacker Points Score Dribbling Partner</p>	<p>Athletics</p> <p>Hop Bend Direction Slow Fast Improve Aim Far Travel</p>
<p style="text-align: center;">R</p>	<p>Fundamental skills</p> <p>Run Stop Space Jump Balance skip</p>	<p>Dance - Animals</p> <p>Travel Turn Jump Gesture Levels Balance Dance - Samba Shimmy Wave Clap Roll Carnival Samba Beat Pose</p>	<p>Gymnastics</p> <p>Travelling Rolling Balance Jumping Sequence Apparatus Theme Rhythm and Beat Timing Leaping Spinning Speed Tuck Stretch Dish Arch Star Pike Pathways Levels</p>	<p>Ball skills (invasion games)</p> <p>Pass Team Balance Backwards Forwards Safely Tag Space</p>	<p>Athletics</p> <p>Push Stop Space Jump Safely Forwards Backwards balance</p>