



EYFS

Sport	There are different sports such as football, tennis etc.
Dance	We can dance by moving our bodies in different ways to music
Gymnastics	Gymnastics is when we move our bodies into different shapes
Rules	Rules lets us know what we can and what we cannot do in sports
Values	We appreciate and show good behaviour e.g. patient turn taking and giving best effort
Health	When we move more it helps us stay healthy
Safe	How to look after ourselves and others when moving and climbing in PE

Year 1

Team	Sports can be played as an organised group together
Score	When a point or points are won or gained e.g. by way of a goal
Rhythm	By moving our bodies in different ways to the best of the music
Balance	When we move our bodies with control and hold different shapes
Tactics	Sports have ways of playing that help us play best
Values	We value co-operation and fairness
Health	When we move more it helps us stay healthy
Physical	Relating to body and the senses
Equipment	Items and objects we use during PE e.g. gymnastics horse or trampoline

Year 2

Attack	When a team is trying to score they are 'attacking'
Defending	When a team is trying to stop the other team scoring a goal they are 'defending'
Space	The playing area and/or where there are less players
Speed	When we move our bodies with maximum effort
Strategy	Sports have ways of playing that help us play to our best, e.g. is our strategy to defend or attack
Swimming	When we move our bodies in water from one point to another
Muscles	The parts of our body that allows us to move
Bones	The parts of the body that make up our skeleton



Year 3

Motor Skills	A sport or game can be broken down into specific movements
Pressure	A belief that it is vital to perform well that is negative (causes stress)
Motivation	Feeling we want to do well for ourselves and/or our team
Performance	When we physically show our best dance, gymnastics or sport
Agility	When we move our bodies at speed in different and changing directions
Fluency	When we move our bodies with smoothness and control (e.g. to music or in gymnastics)
Swimming strokes	Front crawl, breaststroke and backstroke.
Mental health	Our health includes our Physical and our Mental Health. Moving more can help our physical and our mental health
Heart	Our heart is a pump that sends blood around all parts of our bodies
Lungs	Our lungs help us breath in oxygen and breath out carbon dioxide

Year 4

Movement	Can describe the way somebody moves using a range of language
Competitions	When we set our skills, tactics and strategies against another team or individual
Personal best	Doing your best possible jump, run, throw or sporting challenge and recording the time
Stamina	Ability to move for longer periods of time without stopping
Agility	When we move our bodies at speed in different and changing directions
Fluency	When we move our bodies with smoothness and control (e.g. to music or in gymnastics)
Swimming strokes	front crawl, breaststroke and backstroke AND butterfly
Rescue	Bring to safety/keep safe in water and land during physical activity/swimming
Communication	We can send messages and signals during PE using our voice, our bodies or with a whistle that can help our team or their performance.
Lifestyle	Know that what we eat, how we move and how we behave effects of health
Strength	When we work and exercise our muscles and bones they can get stronger



Year 5

Year 5	
Efficient	To move our bodies in the best way with great results but also with least effort
Describe	Can name and give details for at least ten different sports or skills
Excel	To be the very best you can be and made excellent progress
Modify	Know how to change a game or activity to make it easier or harder
Leader	How to set an excellent standard for your team and help motivate them
Agility	When we move our bodies at speed in different and changing directions
Fluency	When we move our bodies with smoothness and control (e.g. to music or in gymnastics)
Flexibility	Ability to move body into different range of movement and also to have different options available to you in games situations
Cardiovascular	How our hearts and lungs link and work together to support our fitness
Accuracy	Being able to repeat of skills over and over again with same result
Fundamental	The building blocks/skills/fitness of games or sports
Power	The combination of strength and speed



Year 6

Coordination	To move two or more different parts of the body in control and with accuracy
Outdoor Adventurous Education	Can describe and take part in activities such as abseiling, water sports and orienteering
Referee	Know the rules and enforce rules fairly and with consistently
Nutrition	How food can be described in terms of Carbohydrates, Protein and Fats
Technology	How things such as camera, video and equipment can help performance
Compose	Create new or original performances or movements in sequence
Participation	Taking part for different reasons such as enjoyment, fitness, health, social or competition
Evaluate	Suggest ways of improving performance of self and others
Training	Ways of getting our mind and body ready for activity, sport or performance
Hydration / Dehydration	Know how our bodies use water (H ₂ O) in different ways, how we lose it and its importance to our functioning
Calories	Know how our body uses food energy and how we 'burn calories'
Brain chemistry	When we exercise, we can release chemicals such Endorphins and Neurotrophics that can help improve learning, memory and mood.
Prevention	Exercise and moving more helps reduce risk of disease, illness and poor health
Analysis	Detailed examination and measurement of performance to improve