P.E Vocabulary – Year 3

Year 3	Gymnastics	Dance	Athletics	Games	Fitness	OAA
Tier 2 *(Taken from Chris Quigley and National Curriculum)*	Plan, perform, repeat, expression, refine, movement, sequence, direction, speed, level, performance, travel, variety, flight, transfer weight, power, movement, placement, alignment, body, balance, experiment, gravity, base, body shape, swing, hang, flexibility, strength, technique, control, range, pattern, evaluate, partner	Plan, perform, repeat, sequence, move, clear, fluent, expression, create, refine, movement, idea, stimulus, change, speed, levels, physical strength, suppleness, stretching, actions	Sprint, short distance, long distance, period, under arm, over arm, conserve energy, target, performance, jump, hit, run up, take off, land, compete, personal best, consistency, power, run, hop, step, combinations, pace	Throw, catch, control, accuracy, strike, ball, field, tactics, opposition, team mate, rules, fair play, respect, possession, pass, lead, technique, attack, defence, position, compete, referee	Healthy, active, physical activity, sustained, personal best, challenge, evaluate, recognise, competition, flexibility, strength, individual, team, time, station, circuit, performance, improvement	Equipped, adventurous, risk, team, individual, leadership, support, resilience, initiative, map, compass, orientate, change, conditions, diagram, travel, physical, mental

P.E Vocabulary – Year 3

Tier 3 *(Subject specific – vocabulary – language you want children to use and know the definition of).*	Plan, contrast, similarity, difference, muscle groups, adapt, phrases of movement, composition, combination	Translating, stimuli, rhythm, expression, improvise, dynamics, relationship, meeting, parting, motif, turning, landing, isolation, partner, trigger, canon, unison	Warm-up, cool-down, target area, heart rate, temperature, organise, compare, contrast, criteria, demonstrate, consistency, sling, push, pull, short-term, long-term, measure, record, position, evaluate	Territory, score, sending, receiving, opponent, strategy, offside, onside, footwork, landing, pivot, bounce pass, chest pass, overhead pass, contact, body position, outwit, adapt, patterns, routine, attacking drill, centre circle, court, free pass, lunging, marking	Heart rate, intensity, kick, aerobic, drag, duck, high elbows, gala, grab start, personal best, pull, recovery, sprint, under water,	Star jump, press up, sit up, burpee, squat jump, high knees, heart rate, stretching, warm-up, cool down, continuous	Environment, awareness, strategy, safety, feedback, success, failure, problems-solve, symbol, trail, hunt, alternative, conserve, describe, evaluate. guidance