P.E Vocabulary – Year 4

Year 4	Gymnastics	Dance	Athletics	Games	Swimming	Fitness	Outdoor Adventure Activities
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,	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	Swim, 100 metres, breast stroke, water, front crawl, back stroke, breathe, pattern, fluent, control, strokes, efficiency, length, start, ascend, descend, safety, self-rescue, confident, water-based situations, proficient,	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

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	range, pattern, evaluate, partner						
Tier 3 *(Subject specific – vocabulary – language you want children to use and know the definition of).*	Symmetrical, asymmetrical, counter balance, unison, canon, spin, straight, body tension, tuck, straddle, pike, backwards, forwards, sideways, high level, low level, quickly, slowly, flow, dish, tension, extension, artistic	Unison, canon, choreographic, gesture, stillness, energy, repetition, phrase, motif, movement, expression, change direction, spatial awareness, stimuli, improvise, actions, relationship, narrative, muscles, mobilise, interpret	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