P.E Vocabulary – Year 5

| Year 5 | Gymnastics | Dance | Athletics | Games | Swimming | Fitness | Outdoor Adventure Activities |
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| Tier 2 *(Taken from Chris Quigley and National Curriculum)* | Strength, flexibility, technique, control, balance, movement, sequence, complex, travel, balance, swing, spring, flight, vault, inversion, rotate, bend, stretch, link, skills, shape, fluency, expression, elements, speed, direction, travel, level, equipment, evaluate, performance | Compose, create, imaginative, sequence, expression, posture, perform, complex, expression, plan, high energy, slow, stamina, strength, patterns, travel, jump, turn, gesture, individual, group | Sprint, metres, combine, variety, distance, throw, accuracy, analyse, technique, body shape, control, take-off, landing, jump, compete, personal best, performance, physical, isolation, movement, compare, demonstrate, improvement, team work | Combine, technique, run, throw, catch, pass, jump, kick, alone, team, possession, points, tactics, strike, bowl, volley, ball, accuracy, forehand, backhand, racket, defend, attack, anticipation, direction, play, fair play, respect, competition, leadership, role model, communicate, collaborate, physical, sport, | 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 | Equipment, outdoor, activity, adventure, identify, risk, manage, listen, expert, advice, leadership, team, commitment, respect, empathy, support, positive, resilient, challenge, device, orientate |

P.E Vocabulary – Year 5

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| | | | | equipment, time. space | | | |
| Tier 3 *(Subject specific – vocabulary – language you want children to use and know the definition of).* | Star jump, tuck jump, straddle jump, pike, dynamics, composition, combination, body shape, precision, arch, asymmetrical, symmetrical, counterbalance, unison, Canon, flexibility, mental focus, bridging counter-balance, counter-tension, evaluate | Motif, motif development, unison, canon, contrast complement, call and response, action, reaction, formation, stillness change of weight, force stimulus, prop, audience character, timing, dynamics | Distance, target, warm-up , cool-down, stretching, pace, combination, push, pull, measure, record, challenge, relay, heart rate, power, rules, judge, organise, seconds, minutes, run-up, bent elbows, high knees, degrees, | Jump shot, drive shot, block, goalkeeper, defender, attacker, handle, change direction, side-step, court, rebound, foul, bowler, batsman, fielder, over-arm, under-arm, interception, body position, grip, wicket keeper, batsman, umpire, boundary, wicket, crease | 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 | Orienteer, paddle, afloat, back paddle, canoe, kayak, navigate, map reading, appraise, hazards, bearing, compass, trail, problem solve, plan, communicate, discuss, safety, key, symbols |