P.E Vocabulary – Year 6

Year 6	Gymnastics	Dance	Athletics	Games	Swimming	Fitness	Outdoor Adventure Activities
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 6

				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