



Space

React

Jump

Run

Start

Lane

Finish

Baton

Activity/Exercise

Throw

Accuracy

Power

Safety



Warm up

Safely

Running

Coordination

Link (movements)

Jumping

Throwing

Techniques

Refine

Increase

Speed

Height

Distance

Terminology (simple)

Constructive/useful

Feedback

Sporting values



Warm up

Safely

Hone

Techniques (range)

Running

Sprint start

Hurdling

Relay

Baton-passing

Speed

Jumping

High Jump

Long Jump

Triple Jump

Height

Length

Throwing

Overarm throw

Distance

Performance

Measure



Sustain

Improve

Work together

Evaluation

Compete

Self & others

Range of contexts

Constructive/useful

Challenge

Personal Best

**Terminology
(intermediate)**



Warm up

Safely

Cool down

Change pace

Running

Different tempos

Different races

Control (running)

Middle distance

Sustain pace

Longer distances

Running a bend

Running a straight

Hurdle efficiently

Take-off foot

Lead leg

Jumping

Correct techniques

Combine sprinting

Triple Jump

Same, different, both



High Jump

Approach (bar)

Arched run-up

Vertical Jump

Standing

**Measure
(performance)**

Accurately

Throwing

Greater

Distance

Force

Control

Accuracy

Efficiency

Pull technique

Run-up

**Sideways-on
(throwing)**

**Non-throwing arm
(help)**

Put' a shot

**Clean palm/
dirty neck technique**

Generate power



Thighs

Cooperate

Compete

Challenge

Improve

**Performance
(own & others)**

Personal Best



Creatively

Body

Words

Emotions

Actions

Speed

Communicate

Ideas

Safely

Express

Pictures

Shapes

Travel

Individual (work)

Listen

Thoughts

Experiment

Themes

Music

Movements

Level

Partner (work)

Vocalise

Feedback



Praise

Feelings



Agility

Patterns (simple)

Actions

Travel

Communicate

Feedback

Balance

Sequences (basic)

Link (skills)

Speed

Terminology (simple)

Safety

Coordination

Movements

Control

Collaborate

Constructive/useful



Agility

Precision

Actions

Combining

Directions

Translating

Partner (work)

Effective

Balance

Motif

Creatively

Formations

Levels

Meaningful

Group (work)

**Terminology
(intermediate)**

Coordination

Theme-related

Transforming

Travelling

Pathways

Movements

Communication

Evaluation



Constructive/useful

Ideas

Listening

Sharing

Improving

Performance



Greater

More consistent

Agility

Balance

Coordination

Precision

More complex

Motif

Translate

Images

Key words

Theme-related

Mind map

Actions

Convey

Meaning

Think creatively

Solutions

Challenges

Transform

Combine

Canon

Unison

Mirroring



Contrasting

Formation changes

Travelling

Movements

Different

Levels

Pathways

**Chance
choreography**

Create

Sequence

Reflect

Recognise

Success

Timing

Execution

Performance skills

Work together

Range of contexts

Partner (work)

Group (work)

Communication

Effective

Terminology (more advanced)

Evaluation



Ideas

Listening

Performance

Sharing

Improving



Travel

Level

Direction

Stop

Balance

Shapes

Roll

Rock

Spin

Bounce

Jump

Land

Floor

Transfer (skills)

Apparatus (basic)

Start

Link (movements)

Finish

Routines

Confidence

Control

Safety



Balance

Counter balance

Twist

Turn

Spin

Symmetrical

Asymmetrical

Points

Patches

Levels

Floor

Apparatus

Link (movements)

Timing

Transitions

Combinations

Sequences

Formations (partner)

Adjacent

Front & back

Mirroring

Inversion

Routines

Flowing



Aesthetic (moves)

Arch

Narrow

Jumps

Pathways

Curving

Finish

Confidently

Stretch

Shapes

Long

Landings

Straight

Dynamics

Clearly

Safely

Curl

Wide

Rolls

Partner (work)

Zigzag

Start

Creatively

Communication



Terminology (simple)

Evaluation

Constructive/useful

Feedback



Link (movements)

Spin

Gracefully

Levels

Hold

Motion

Bridging

Moving

Step

Balance

Points

Body weight (own)

Control

Dynamics

Create

Seamlessly

Turn

Travel

Patches

Receive

Static

Arching

Sequences

Level-up



Front

Balances

Pushing

Compose

Matching

Direction

Rolling

Straddle

Back

Shoulder balance

Pulling

Perform

Shapes

Pathways

Forwards

Safely

Supports

Shapes (with legs)

Partner (work)

Contrasting

Moves

Speed

Backwards

Over (partner)



Along (apparatus)

Benches

Nesting tables

Vaulting horses

Travelling low

Unison

Canon

Mirroring

Poise

Timing

Reflect

Recognise

Success

Work together

Range of contexts

**Terminology
(intermediate)**

Communication

Effective

Listening

Peer assessment

Feedback



Matching

Control

Counter balance

Pull (forces)

Patches

Shapes

Levels

Pathways

Mirroring

Arabesque

Push (forces)

In opposition

Symmetrical

Moves

Close to ground

Crossing

Contrasting

Balance

Counter tension

Points

Asymmetrical

Travel

Direction

Seamless



Transitions

Fluent

Routines

Partner (work)

Group (work)

Canon

Unison

Coordinate

Tempo

Timing

Synchrony

Good technique

Quality work

Create

Communicate

Negotiate

Agree

Refine

Sequences

**Start
(clear/interesting)**

Flow

Dynamics

**Finish
(clear/interesting)**

Under (partner)



Over (partner)

Roll

Spin

Support

Bridges

Leapfrog

Forward rolls

Sliding

Long

Take weight

Front

Strong

Opportunities

Safely

Backward rolls

Scrambling

Pencil shape

Hands

Back

Arches

Travel over & under

Momentum

Get back to feet

Run-up



Power

One-footed

Graceful

Cat spring

Cooperate

Own & others work

Perform

Challenge

Dynamic

Two-footed

Aesthetic

Elevation

Collaborate

Constructive/useful

Audience

Improve

Take-off

One foot to two feet

Jumps

Flight

Evaluate

**Terminology
(more advanced)**

Compete

EYFS - Invasion Games



Send

Receive

Bounce

Dribble

Dodge/Evade

Attack

Defence

Communication

Teamwork

Rules

Feelings

Behaviour

Safety

Control

Space (limited)

Confidence



Strategies

Attack

Width

Speed

Send/pass

Move

Space

Decisively

Deceptively

Positively

Receive

Shield

Retain

Progress

Possession

Defence

Close down (space)

Quickly

Turn body

See attacker & ball

Think ahead

Intercept (pass)

Dispossess (receiver)

Communication



Teamwork

Acceptance

Behaviour

Rules

Feelings



Attacking

Receive

Shield

Dribble

Hands

Feet

Control

Dodge/Evade

Turn

Deceive

Feint

'Give the eyes'

Dummy

Pass

Move

Find space

Defending

Protect space

Close down

Quickly

Sideways-on (position)

Jockey

Eye on ball (not feet)

Channel

LKS2 - Invasion Games



Clear danger (near goal)

Effective

Coordinating

Communication

Listening

Positions (team)

Roles

Actions

Sporting values



Attacking

Dribbling skills (variety)

Good technique

Shooting

Hands & feet

Keep eye on ball

Get wide (to receive)

Sideways-on (position)

Whole-pitch view

Create space (for teammates)

Make runs

Diagonal/crossing

Confuse (defenders)

Overlap

Underlap

Overload

Utilise free/extra players

Mobile

Fluid

Not rigid (positionally)

Recognise

When to attack

Penetrate

Take more risk

UKS2 - Invasion Games



When not to attack

Retain/build

Possession

Safely

Patiently

Nobody free forwards

Go backwards

“Start again” (an attack)

Defending

Be alert

One eye on ball

One eye on opponent

Close down (space)

Quickly

Defend as a unit

Compact (space)

Strategies

Cope with underload

Maintain good shape

Discipline

1v1

Player-to-player

Track an opponent

Zonal marking



Pass attacker(s) on

Sweeper keeper

Coordinate

Low press

Distribution

Team

Goalkeeping

Work against (defence)

Positions

Come off line

Work alongside (attack)

Roles

Narrow the angle

Communication

Responsibilities

Stay focused

Effective

Actions

Be prepared to move

Listening

Tactical awareness

Act as additional defender

Leadership skills

Sporting values



EYFS - Net & Wall Games

'Ready' (position)

'T'-shape

Send

Receive

Feelings

Volley

Communication

Teamwork

Rules

Behaviour

Control

Throw

Catch

Strike

Safety



KS1 - Net & Wall Games

'V' grip

Forehand

Backhand

Volley

Accuracy

Power

Timing

Rallies

Active

Passive

Net

Court

Movement



LKS2 - Net & Wall Games

Rally

Fluent

Defending court

Singles

Return

Doubles

Using width

Re-centre

Covering court

Short tennis

Rules

Badminton

Feelings

Acceptance

Behaviour



Deep forecourt

Defensive

Court attacking

Footwork



Look

Follow

Find

Straight



Rules

Team Work

Skills

Maps

Competition

Symbols

Partner Work

Direction

Move/travel safely



Teamwork

Plan

Communicate

Negotiate

Physical

Orientate

Navigate

Area

Identify

Controls

Challenge

Creative

Clues

Capture

Evidence

Compete

Map

Problem solving



Teamwork

Negotiate

Plan

Contribute

Motivate (self/others)

Positive

Communication

Non-verbal

Verbal

Clear

Instructions

Listening

Focus (maintain)

Physical

Challenge

Obstacles

Blindfold

Keeping safe (partner)

Map

Ordnance survey symbols

Orientate

Navigate

Area

Identify



Controls

Clues

Capture

Evidence

Quickly

Against the clock

Creative

Problem solving

Actively engaged

Confident

Effectively

Agility

Balance

Coordination

Precision

Compete



EYFS - Striking & Fielding

Batting

Bowling

Teamwork

Rules

Fielding

Running

Feelings

Safety

Wickets

Communication

Behaviours



KS1 - Striking & Fielding

Batting

Walking in

Rules

Chasse

Communication

Acceptance

Pitch

Teamwork

Feelings

Strike

Bowling

Behaviour

On the move

Fielding

Backing up



LKS2 - Striking & Fielding

Strike

Grip

Rounder

On-side

Off-Side

Leg-Side

Tracking

Slip

Pressure

Support



UKS2 - Striking & Fielding

Obstruction

Defensive stroke

Drive

Consecutive

Attacking stroke

Pull

Cut

Hook

EYFS - Target Games



Send

Feet

Kick

Accuracy

Throw

Challenge

Power

Roll

Equipment

Hands

Strike

Safety

KS1 - Target Games



Throwing

Accuracy

Distance

Moving target

Power

Timing

Different heights

Speed

Consistency

Obstacles

LKS2 - Target Games



Area (defined)

Body position/stance

Hand-eye coordination

Equipment

Grip

More complex skills

Specific techniques

UKS2 - Target Games



Application (to sports)

Success (own/others)

Rules

Terminology (simple)

Encouragement

Safety

Communication

Best performance

Spatial awareness

Teamwork