



HIGH HESKET C of E SCHOOL (VC)

KS1 Physical Education Vocabulary List

Reception					
Balance		Games		Breathe	
Shape		Pairs		Hot	
Space		Partner		Cold	
Move		Above		Body parts	
Slow		Under		Muscle	
Fast		Run		Forwards & backwards	
Stretch		Walk		Throw	
Speed		Pull		Roll	
Equipment		Push		Space	
Move		Direction		Bounce	
Catch		Ball		Net	
Hit		Cone		Bean bag	
Hop		Carry		Lead	
Jump		Follow		Copy	
Sports					
Year 1 & 2					
Dance/Yoga	Gymnastics	Athletics	Games	Keeping Healthy	
Move	Curl,	Run	Throw	Warm up	
Copy	Tense	Speed	Roll	Cool down	
Perform	Stretch	Throw	Underarm	Bones	
Create	Control	Catch	Hit	Muscles	
Rhythm	Travel	Jump	Move	Relax	

Control	Balance	Position	Safely	Exercise	
Co-ordination	Sequence	Control	Kick,	Lift	
Linking mood or feeling.	Improve		Tactics	Carry	
Stretch	Plan		Rules	Heart	
Hold	Perform		Decide	Blood	
Breathe	Feedback			Breathe	
	Independent				