



HIGH HESKET C of E SCHOOL (VC)

KS2 Physical Education Vocabulary List

Year 3 & 4						
Dance/Yoga	Gym	Athletics	Games	Outdoor Adventurer	Swimming	Keeping Healthy
Changing speed	Adapt	Change	Throw	Follow	Swim	Well-being
Changing direction	Sequences	Speed	Catch	Route	Unaided	Mind
Share	Apparatus	Direction	Control	Appropriate	Basic stroke	Body
Create	Criteria	Underarm	Support	Equipment	Movements	Health
Plan	Strength	Overarm	Awareness	Safely	Co-ordinate	
Repeat,	Suppleness	Throwing	Opposition	Familiar	Breathing	
Remember	Performance	Technique	Strike	Context	Surface	
Perform	Compare	Distance	Field	Manage		
Communicate	Contrast	Sprint	Accuracy	Risks/problems		
Slow	Sequences	Accuracy	Rules			
Stretch	Stamina		Possession			
Long	Improve		Adapt			
Spring			Tactics			
Tall			Score			
Roll			Goals			
Curl			Send			
Copy			Receive			
			Pass			
			Space			

Year 5&6						
Dance/Yoga	Gym	Athletics	Games	Outdoor Adventurer	Swimming	Keeping Healthy
Compose	Complex	Control,	Possession	Location	Treading	Muscles
Creative	Extended	Accuracy	Forehand	Compass	Whole stroke	Joints
symmetrical	Sequences	Techniques	Backhand	Navigate	Submerge	Fitness
Interpret	Combine	Distance	Field	Overcome problems	Entry	Mindfulness
Rotation	Perform	Compete	Tactics	Plan	Exit	Balanced diet
Accompaniment	Consistency	Improve	Defenders	Route		
Demonstrate	Audience	Personal best	Attackers	Safety		
Landing	Link	Stamina	Passing	Danger		
Consistency	Vault		Dribbling	Leadership		
Style	Spring		Technique			
Performance			Shooting			
Evaluation			Strike			
Clarity			Implement			
Fluency			Bowler			
Accuracy			Marking			
Precise			Offside			
Posture						