



Key Words in Physical Education

Reception	Gymnastics	Dance	Team Games	Invasion games	Athletics	Orienteering
	Balance Stretch Control Strong Shape	Stretch Rhythm Spin Freestyle Flow	Turn Team Cheer Stop Go	Stop Go Move Chase Target	Run Fast Slow Throw Catch	Find Follow Hide Path Clue
Year 1	Gymnastics	Dance	Team Games	Invasion games	Athletics	Orienteering
	Balance Stretch Control Strong Shape	Rhythm Sequence Flow Mirror Pattern	Stop Go Pass Catch Win Rules	Move Chase Target Aim Tag	Energy Speed Reach Distance Resilience	Find Follow Hide Route Symbol
Year 2	Gymnastics	Dance	Team Games	Invasion games	Athletics	Orienteering
	Balance Control Sequence Support Landing	Rhythm Sequence Mirror Pattern Expression	Win Rules Catch Pass Space Fair Play	Aim Tag Rules Space Teamwork	Reach Distance Resilience Aim Power	Follow Route Symbol Compass Directions

Year 3	Gymnastics	Dance	Team Games	Invasion games	Athletics	Orienteering
	Balance Control Sequence Support Landing	Rhythm Sequence Expression Coordination Timing	Space Fair Play Opponent Cooperate Communication	Teamwork Opponent Cooperate Communication Fair Play	Reach Distance Resilience Aim Power	Collaboration Route Key Compass Directions
Year 4	Gymnastics	Dance	Team Games	Invasion games	Athletics	Orienteering
	Sequence Control Counterbalance Routine Precision	Expression Timing Coordination Dynamics Formation	Opponent Cooperate Communication Attack Defend	Opponent Cooperate Communication Attack Defend	Resilience Power Communication Technique Target	Key Compass Directions Landmarks Navigate
Year 5	Gymnastics	Dance	Team Games	Invasion games	Athletics	Orienteering
	Sequence Counterbalance Precision Core Stability Evaluate	Expression Timing Dynamics Formation Choreography Transition	Attack Defend Positioning Possession Marking	Attack Defend Positioning Possession Marking	Resilience Power Communication Technique Endurance	Compass Landmarks Navigate Orientation Contours
Year 6	Gymnastics	Dance	Team Games	Invasion games	Athletics	Orienteering
	Precision Evaluate Flexibility Extension Transitions	Dynamics Formation Choreography Transition Unison	Positioning Possession Marking Tactics Strategy	Positioning Possession Marking Tactics Strategy	Resilience Power Communication Technique Endurance	Compass Landmarks Navigate Orientation Contours