



## Key Words in Physical Education

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

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