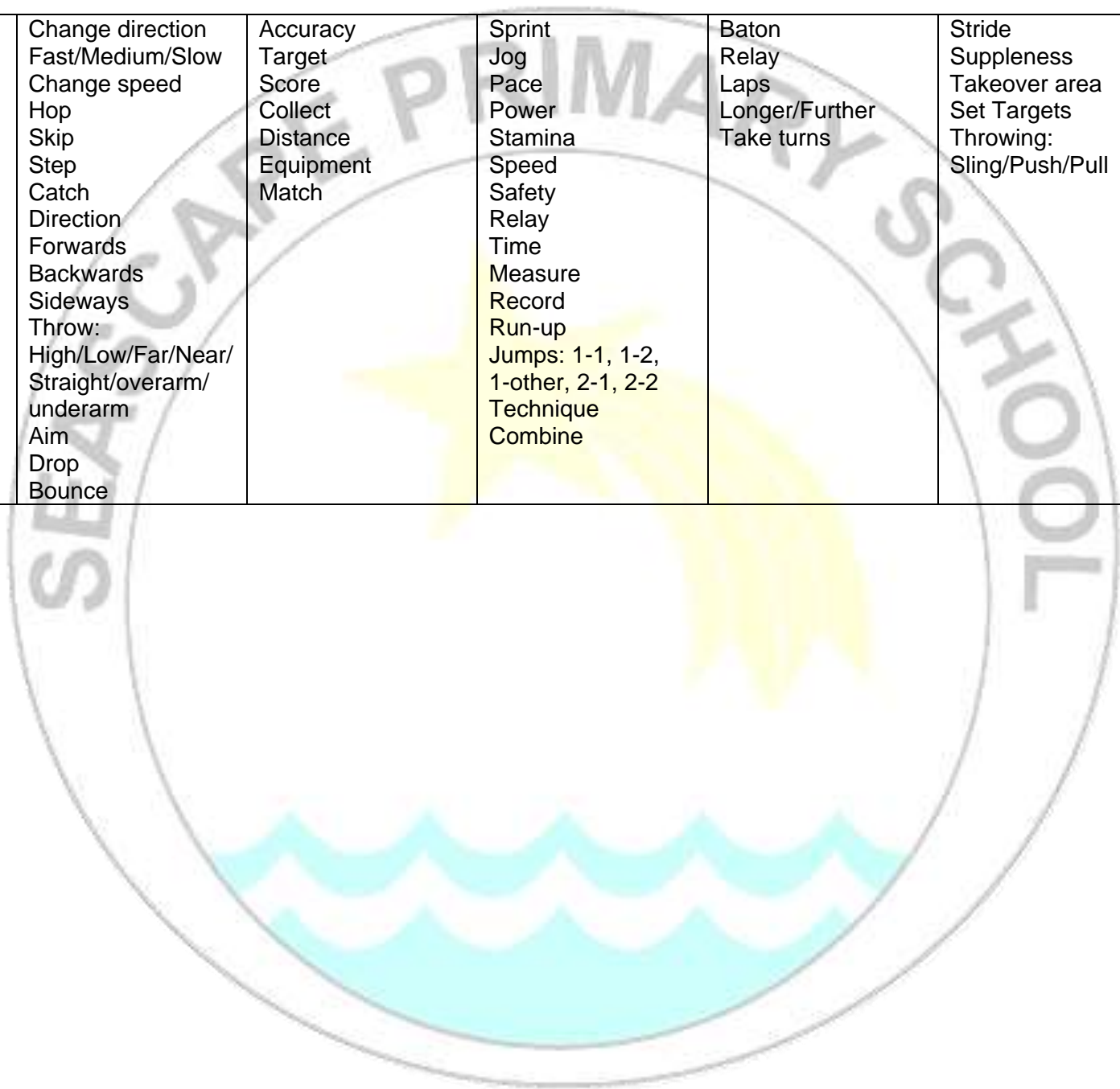


Be more physically active

Vocabulary Progression Grid

	Early Years	1	2	3	4	5	6
Gymnastics	Roll Travel Jump Balance	Smooth Movement Large Body Parts Linking Mats Straight Star Tuck	Strong Posture Apparatus Sequence/Routine Straddle Pike	Small Body Parts Levels Change of direction	Mirroring Matching Leading Following Meeting Parting Side by Side Unison Cannon	Partner Balance Counter Balance Counter Tension Part-weight bearing Base Top	Group Balance
Dance	Low Level Middle Level High Level Travel Jump Balance	Slowly Quickly Pathways Stillness Gesture Turn Tumble / Fall	Curled Oval Running Leaping Stretch Posture Stillness/Stable Duet	Stimulus Starting Point Movement Memory Linking sequences and phrases Compose Control Duet Tableau	Motif Phrase Improvise / Explore Unison Cannon Repeat Copy, Mirror, Lead Formations Line, Circle, Front of Stage Dynamic	Hand Gestures Bee, Dove, Fan, Blade, Nip, Claw, Point Compose Develop Adapt Linking Phrases Timing - Speed Direction	Prop Safety Improvise / Explore Emotions Gesture Control / Timing / Solo Fluency Musicality Expression Sections of the Choreography

Athletics	Run Jump Throw	Change direction Fast/Medium/Slow Change speed Hop Skip Step Catch Direction Forwards Backwards Sideways Throw: High/Low/Far/Near/ Straight/overarm/ underarm Aim Drop Bounce	Accuracy Target Score Collect Distance Equipment Match	Sprint Jog Pace Power Stamina Speed Safety Relay Time Measure Record Run-up Jumps: 1-1, 1-2, 1-other, 2-1, 2-2 Technique Combine	Baton Relay Laps Longer/Further Take turns	Stride Suppleness Takeover area Set Targets Throwing: Sling/Push/Pull	Consecutive Observe Evaluate
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Games	Pass Move Roll Throw Catch Jump	Attacker Defender Underarm throw Intercept Accuracy Overarm throw Move into space Rolling Catching Retrieve Intercept Move to intercept Rolling Stopping Scoring	Tracking a ball Kicking Aiming Speed Direction Aiming/Accuracy Direction Rally Feed Court Net Racquet Return	Possession Control Move into Space Rules Tactics Scoring Zone Dribble	Striking Base Backline Batting Fielding Wicket Innings Wicketkeeper Score Stumps	Support Marking Attack Defend Try Tag Runners Stance Crease Non-Striker Bowler Leg-side Off-side Over Forehand Backhand Volley Overhead Singles Doubles Width Depth Change Direction Change Speed Defending Court Covering Court	Positions Formations Opponent Scoring Prevent Off-side Evading Handling
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OAA			<ul style="list-style-type: none"> Follow a trail Explore Maps Challenge Problem Solve Listen Teamwork Find Survive Checklist Supply Track Route Plan Symbol Features 	<ul style="list-style-type: none"> Cross Narrow/Wide Travel Discuss 	<ul style="list-style-type: none"> Maps/Diagram Symbols Orienteering Controls Review Compass points 	<ul style="list-style-type: none"> Navigate Checkpoint Tangrams Puzzles Assessors
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