



PE  
Key Concepts & Vocabulary

Below is an overview of the key concepts and vocabulary taught in physical education throughout the school. These are revisited and built upon throughout children's time at Mayespark.

	Key Concept	Explanation
Key Stage One	Expression	A demonstration of emotion or thoughts. This might happen via movements and body language.
	Interpret	A physical expression reacting to words or music.
	Observation	To look at and describe different movements. This information can be used to improve performances.
	Space	The awareness of and movement through an area. To use the area available to enhance performance.
	Time	The rate of speed and rhythm used from the beginning to the end of a dance.
	Form	The way a dance has been shaped or structured. It can refer to a specific style of dance for example, street dance.
Lower Key Stage Two	Reaction	A response to various stimuli such as pictures, stories, films, using movement imaginatively linking to the theme of a dance.
	Readiness	The ability of our body to complete a sporting activity through the acquisition of fundamental motor skills such as throwing, running and jumping.
	Short movement phrases	Linking movements together using actions. For example, moving from a standing start to a roll and into a finishing pose.
Upper Key Stage Two	Working in unison	Dancing together at the same time using simple compositional ideas such as meet and part, repetition, interweaving pathway, lead and follow.
	Balance	The ability to maintain stillness without swaying, even if you have less contact with the ground.
	Tactics	Plans which are set up in a performance or game which enables an individual or team to play using their understanding of the game to their advantage. For example attack and defence.
	Refine techniques	To use strategic thinking to improve performance; evaluate own and others' performance.
	Composition	The creation of a performance in dance or gymnastics. The beginning, middle and end, considering how to move between these points. This may include a variety in speed, level and direction.
	Quality of movement	To understand what influences the quality of performance. To reflect on their own or another person's performance, being able to state what made it successful or what could be improved.

	Unit of Work	Key Vocabulary
<b>Key Stage One</b>	Dance	accent, action and reaction, binary, canon, compose, contact, copy, direction, formation, gesture, improvise, lead, mirroring, motif, repetition, stimulus, unison
	Gymnastics	landing position, hold, balance, bend, take-off, flight, stretch, swing, straighten, extend, upwards, horizontal, perform, right, left, spacing, no contact, co-operate, unison, anon
	Games/Fundamentals	run, jog, stop, turn, stretch, place, step, carry, safe, forwards, backwards, aim, throw, collect, retrieve
	Outdoor and Adventurous Activities (OAA)	problem solving, trust, support, obstacle, equipment, over, under, trail, shape, arrow, north, south, east, west, follow, direction
	Athletics	screw, press, rotate, jerk, swing, circle, shake, link, action, reaction, dynamics, timing, recover, limits, rules, sling, aim, combination
<b>Lower Key Stage Two</b>	Dance	direction, speed, action, leap, travel, waddle, stamp, slide, dive, level, direction, speed, size, dynamics, sink, walk, curl, stretch, gesture, unison
	Gymnastics	curved, rounded, curled, tuck, static, position of stillness, variety, mount, dismount, link, similarities, differences, combine, compare, heartbeat, explore, transitions, exchange, evaluate
	Outdoor and Adventurous Activities (OAA)	problem solving, trust, support, obstacle, equipment, over, under, trail, shape, arrow, north, south, east, west, follow, direction
	Games – ball on the ground	stretch, carry, safe, send, forwards, backwards, racket, strike, hit, dribble, kick, pass, receive
	Games - ball handling	receive, dodge, avoid, run, catch, throw, aim, chase, dribble, control, accurate, space, rules
	Games - striking Fielding Game	control, strike, target, accurate, space, rules, contact point, fielding, release point, field of play
	Games - invasion games	dribble, trap, control, mark, target, goal, accurate, space, transfer of weight, rules, defend, attack, close control, move into space
	Games – net games	send, receive, throw, catch, control, bounce, strike, hit, accurate, space, transfer of weight, rules, contact point, defend, attack, court area
	Athletics	screw, press, rotate, jerk, swing, circle, shake, link, action, reaction, motif, flow, dynamics, rhythm, timing
<b>Upper Key Stage Two</b>	Dance	glide, dynamics, travel, gesture, stillness, direction, repetition, interweaving pathway, level, rhythm, exaggeration
	Gymnastics	points of contact, surface area, centre of gravity, flexibility, sequences, fluent transitions, substitute, symmetrical actions, positions of stillness, balance, pulse rate, muscles, joints, mobilise
	Athletics	quadriceps, triceps, gastrocnemius, hamstring, latissimus dorsi, deltoid/trapezius, gluteus maximus techniques, monitoring progress, prepare, recover, limits, rules, sling, aim, combination
	Football	dribble, control, space, defend, slalom, accurate, target
	Netball	throw, aim, catch, control, defend, indicate, create space, rules, width, dodge, attack, mark, interception
	Hockey	dribble, control, space, goal, pass, rules, shooting accuracy, wing, team formation, attacking, defending
	Tag Rugby	dodge, pass, communicate, tag, decision making, receive, teamwork, attaching, defending, try, space, tactics