**PE Vocabulary for Key Stage 1**

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| **Gymnastics** | **curl relax jumps fast slow shape roll travel stretch sequence hold speed direction control balance climb jump still movement land action tense body idea pointed toes equipment resilience team work patience communication strength** |
| **Dance** | **movement speed style copy repeat repetition motif sequence music canon mirroring improvise level transition timing dance idea action travel stimulus patience team work passion communication** |
| **Invasion/ Striking and Fielding/Net**  **Games** | **throw underarm catch roll move stop change direction kick hit bat racquet ball beanbag hoop overarm rules team attack defend intercept space tactics skills game score team work communication resilience perseverance** |
| **Athletics** | **running jumping races throwing walking sprinting jogging hop skipping take off race landing speed relay obstacles overarm throw underarm throw sports day competition team teamwork respect communication honesty resilience perseverance team spirit athletics** |
| **Swimming** | **Breast Stroke, Front crawl, Butterfly, Backstroke, tread water, Body position, leg action, arm action, breathing, glide** |