



Physical Education Route Map Key

Sports Leadership

Gymnastics

Dance

Athletic Activities

Swimming

OAA (Outdoor and Adventurous Activities)

Striking & Fielding Games

Net/Wall Games

Invasion Games

PE Vocabulary & Key Skills

Concept: Improve physical health, fitness and well-being

Related vocabulary - exercise, short-term effects, long-term effects, stamina, endurance, strength, power, agility, heart rate, breathing rate, flexibility, dynamics, posture, muscles, body tension.

Reception

Fundamentals of Movement.

Shapes, dance, movement, explore, travel, roll, throw, kick, stop, watch, imagine, jump, turn, hop, bounce, warm-up, run, sit down

Year 1

Gymnastics, games, dance and athletic activities.

Link, actions, aiming, hitting, finding space, following instructions, exercise, skills, games, opponent, gymnastics, perform, travelling, rolling, jumping, copy, explore, follow, respond, stimuli, movement patterns, speeds, running, technique

Year 2

Gymnastics, games, dance and athletic activities.

Skills, tactics, react, opponent, partners, difficulty, copy, remember, repeat, control, co-ordination, sequences, gymnastic actions, smoothly, stillness, travelling, link, stimuli, creating, dance phrases, explore, ideas, moods, feelings, improvising, experimenting with actions, dynamics, directions, levels

Year 3

Invasion Games, dance, gymnastics, swimming, net/wall games, striking and fielding games, athletics.

Conditioned games, short-term effects, speed, direction, accuracy, temperature, heart rate, exercise, breathing rate, technique, tactics, rules, opposed, recognise, improve, explore, remember, repeat, identify differences, performance, evaluate, warm-up, cool down

Year 4

Invasion Games, dance, gymnastics, net/wall games, striking and fielding games, athletics.

Recognise, improve, describe, performance, identify, demonstrate, respond imaginatively, stimuli, dynamics, canon, formations, levels, tempo, discuss, understand, improvise, translate ideas, compare, develop, adapt, precision, control, influence, move with a ball, progression

Year 5

Invasion Games, dance, gymnastics, net/wall games, striking and fielding games, athletics, sports leadership.

Apply compositional ideas, begin to influence, control and catch a ball with movement, accurately pass/retrieve, principles, recognise, sustain, improve, explain, performance, identify, demonstrate, respond imaginatively, stimuli, dynamics, canon, formations, levels, tempo, discuss, understand, improvise, translate ideas, compare, develop, adapt, precision, control, fluency, rhythm, spatial awareness, compositional, complex sequences, refine, modify, similarities, differences

Year 6

Invasion Games, dance, gymnastics, net/wall games, striking and fielding games, athletics, sports leadership.

Improve and sustain, demonstrate accuracy and precision, identify and explain, vary dynamics, canon, formations, levels, tempo, develop actions, modify performances, personal best, principles of warm-up, benefits to health and well-being, perform and create, complex skills, accuracy and consistency, continually, understand, improvise, translate ideas, compare, develop, adapt, precision, control, fluency, rhythm, spatial awareness, compositional, complex sequences, refine, modify, accuracy, consistency, explain