



EYFS and KS1 sticky knowledge

Golden Thread

Acquiring new skills and developing them. Applying skills and using tactics. Evaluating and improving performance.

Sticky Knowledge – Running, jumping, throwing and catching, developing balance, agility and co-ordination. Team games, attacking and defending. perform dances using simple movement patterns.

Big Questions:

What went well?

What could you do better?

How could you improve?

Why is (insert skill) important?

Where should you be aiming the ball when you throw it?

How can you work as a team?

Why is exercise good for us?

What can we do to try to stay healthy?

Key Vocabulary Progression – Reception



Word		Meaning	PE Context
Gymnastics	Balance	To have stability by an even distribution of weight	One foot balance/Keeping the bean bag on their head
	Control	To be in charge of their body's movements	Not moving their feet when landing a jump
Dance	Turn	To rotate the body whilst moving	180°/360° spin when jumping
	Twist	To rotate the body whilst keeping your feet on the floor	180°/360° pivot in a routine
Body Management	Climb	To move upwards on apparatus	Getting to the top of a tabletop
	Roll	To rotate the body across the floor	Log Roll/Egg Roll
Speed, Agility, Travel	Agility	To be able to change direction at speed	Dodging others when running in space
	Travel	How you move about a space	Crawling/Walking/Running etc
Manipulation And Coordination	Apparatus	Specialist equipment used for gymnastics	Ropes, tabletops, wall bars etc
	Stretch	Placing parts of the body in particular positions to elongate them and lengthen the muscle	Bending over and touching toes, reaching for a rolling ball
Cooperate And Solve Problems	Cooperate	To be able to work with others to achieve success	Be successful in games such as 'Cross the River'
	Trail	A route to be followed	Follow a set of cones from one place to another

Key Vocabulary Progression – Dance



Word		Meaning	PE Context
Year 1	Compose	Combine and put together different movements and actions into a dance	A sequence of movement
	Canon	When the same action is repeated by a group of dancers one after the other	Four children jump one after another
Year 2	Unison	When the same action is repeated by a group of dancers at the same time	Four children jump at the same time
	Mirror	Presenting the mirror image	Two performers perform a dance opposite each other in a mirror image

Key Vocabulary Progression – Gymnastics



Word		Meaning	PE Context
Year 1	Sequence	Two or more actions one after the other	Performing a straight jump then a tuck jump
	Shape	The position or your body during a movement	Tuck shape, pike shape, straddle shape in an action
Year 2	Extension	Straightening a body part as far as possible	Pointing fingers and toes during a balance
	Relaxation	The body returns to its normal state after an exercise	After a balance, bringing the arms back to their side

Key Vocabulary Progression – Outdoor & Adventurous Activity (OAA)



Word		Meaning	PE Context
Year 1	Symbol	A picture or illustration that represents something in real life, often used on maps	A red square to represent a bean bag
	Verbal	Communicating through speaking	Guiding a blindfolded person through a course using verbal cues
Year 2	Key	A small box that explains the symbols on a map	Using a key to identify key locations on a map
	Problem Solving	Trying different solutions to overcome a challenge	Getting across the room in 'shark infested waters'

Key Vocabulary Progression – Athletic Activity



Word		Meaning	PE Context
Year 1	Relay	A team run equal distances within the same race	4 x 100m sprint passing a baton from one team member to the next
	Sprint	Running as fast as possible over a short distance	Completing a short distance running race such as 60 metres
Year 2	Stamina	The mental and physical ability to be active over a longer period	Being able to run continuously over a longer distance
	Static	Performing an action whilst staying in one place	Being able to throw an object without a run-up

Key Vocabulary Progression – Invasion games



Word		Meaning	PE Context
Year 1	Attack	The team with the ball using tactics to move into a position to score	The team scoring a basket in basketball
	Defend	The team without the ball trying to stop the other team scoring	The team trying to stop a goal in hockey
Year 2	Compete	Playing a game against other people to gain points	Small-sided games in lacrosse
	Outwit	Using a tactic to beat an opponent	Players off the ball running to a space to distract defenders

Key Vocabulary Progression – Striking and fielding



Word		Meaning	PE Context
Year 1	Batter	The player attempting to hit the ball with a bat	Batter in rounders
	Bowler	The player sending the ball for the batter to hit	Bowler in cricket
Year 2	Underarm	Throwing the ball from below the waist	Throwing for accuracy over shorter distances
	Overarm	Throwing the ball from shoulder height	Throwing over longer distances

Key Vocabulary Progression – Net/Wall



Word		Meaning	PE Context
Year 1	Court	Area the game is played on	Tennis/Badminton court
	Hit	When contact is made between racquet and ball/shuttle	Returning the tennis ball of the net using a hitting action
Year 2	Serve	The first hit to begin playing out a point	The serve for match point in tennis
	Rally	When an object is hit and returned continuously	Two players hitting a shuttlecock over the net without it going out of play

Key Vocabulary Progression – Swimming



Word		Meaning	PE Context
Beginners	Float	To remain suspended within or on the surface of the water without sinking	Using a star float or mushroom float
	Sculling	Using a figure of 8 stroke to keep yourself afloat in the water	Practising sculling to gain water confidence
	Stroke	A repeated action with the limbs to propel yourself through the water	Front crawl, backstroke, breaststroke
Intermediate	Prone	Lying face down	Position in front crawl
	Submerging	To move under the surface of the water	Sinking down to collect objects from the bottom of the pool
	Supine	Lying face up	Position in backstroke
Advanced	Glide	Moving through water without performing a stroke	Pushed off from the side without then moving arms or legs
	Propel	To drive your body forward	Using the side wall to push off before a stroke
	Technique	Performing with skill or knowledge	Improving a stroke using key teaching points to improve technique