

GUARDIAN ANGELS' RCPS PROGRESSION IN VOCABULARY IN PHYSICAL EDUCATION

SWIMMING

Block 1

flotation aid, water safety, front crawl, breaststroke, backstroke, arms, legs, motion, guide, tread, width, length, jump, swivel, surface, meters, front, back, swim aids, submerge, float, push, glide

Block 2

improve, move quicker, point, breathe, stroke, anchored, effective, underwater, perform, straddle, problem solving, improve, concentrate, confidently, pace, performance, strokes, breath, butterfly, technique

TENNIS

Year 1

table tennis, net, wall, bat, racquet, forehand, backhand, serve, hit, bounce, rally, shot, control, stroke, score, points, ball

Year 2

returns, rules, grip, single, double, tap, opponent, out-of-play, score, evaluate, feed, clear-the-net, sequence-of-moves, backswing, plant foot, follow through, single hand, back hand

Year 3

short tennis, soft balls, short tennis racquets, master, opposite, direct, accuracy, aim, toss

Year 4

shoulder height, drills, higher, shuttle, line markings, badminton, exercise, technique

Year 5

lob, tactical awareness, flick serve, smash, improve, tilt, service box

Year 6

rhythm, stance, professional, doubles, tram lines, hit a top spin, slice, generate power, shots smoother, take weight off for drop shot, impact, chopper grip,

NETBALL

Year 1 / Year 2

aim, court, control, bounce, chest, roll, throw, catch, pass, team, teamwork, space, score, goal, shoot, bib, footwork.

Year 3 / Year 4

accuracy, out of court, backline pass, rebound, direction, attack, defend, bib

Year 5 / Year 6

line, space, score, shot, goal, side line, out of court, backline pass, intercept, possession, attack, obstruct, contact, footwork, power, tactics, strategies, decision making, drive forward, dodge, roll off

FOOTBALL

Year 1

stop, dribble, inside & outside foot, direct, judge weight, shooting, team

Year 2

circle, angles, drills, goalkeeper, defend, pace, rules

Year 3

pass, attack, kick, stationary, moving, lofting, rolling, strike, safely

Year 4

zones, free kicks, penalties, throw-ins, corners, goal kick, tactics, goal line, corner kick, tactics in defending set pieces, overhead

Year 5

tackling, tactics, defence, attack, tackle, strategy, positioning,

Year 6

ball control, pitch angles, peripheral, dribble, receive, pass, run, target, turn, spatial, instinctive, geometry, wide angles, narrow angles, zones, short/long pass, predict, contact,

GYMNASTICS

Nursery / Reception

Shapes; Star, Pike, Arch
Bunny Hop, Pencil/Straight

Roll; roll safely: rocking in a ball; pencil roll; hedgehog roll; sausage roll

Year 1 / Year 2

mirror, copy, synchronized gymnastics

Movements; slide, use of back, hop, walk, side step, knees, crawl, travel, floor, tension, extension, balance, jump, flight, synchronicity, swim, crouch, sequence, tension / extension, over, under, around

Year 3

Balances; Frog, Knee, Standing, Arm Steady, jump
Leap; Cat, Bunny
bunny jumps with straddle across a bench; straight jump; tuck jump; split jump; wolf jump and split leap
Japan (self-stretch)
Cartwheel

Movements; creeping, crawling, burrowing, running, stalking, hiding, jumping, hopping, leaping, hanging, balancing, catching, chasing, star jump Gym equipment; bench, horse, hoop, climbing frames, ropes, mats	Animals, insects, points Straddle Shape, V Sit Rolls; Pencil, Dish, Forward Roll Beam	Roll; Backwards, Forwards, Teddy Bear
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CRICKET

Year 3 / Year 4 players, fielding, batting, bowler, bowling, wicket keeper, fielder, batter, wickets, bails, scores, runs, control, communication, strike, teamwork, underarm, bowler, position, technique	Year 5 / Year 6 batting team, scoring, pitch, pairs, overs, caught, out, stump, wicket, retire, softball, wide, short, crease, outfield, fast bowl, quality, run up, tournament, awareness, tactics, straight drive, block, bowled out
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ATHLETICS

Nursery / Reception obstacle races, finding space, relay races, confidently, faster, safely, carefully, control, avoid, direct, push, kick, throwing, balance		Year 1 running, jog, sprint, jumping, throw, underhand, overhand, distance, pace, circuits, endurance challenge, accuracy	Year 2 long jumping, events, measure, point body, direct, trajectory, replicate
Year 3 glide, rotation technique, World Record, glide technique, rotational style	Year 4 long jump, triple jump, high jump, hurdles, javelin, hammer throw, hitch kick, hang technique, leading leg, trailing leg,	Year 5 Throws; Shot Putt, Discus, Javelin, impact, evaluate, glide method, rotation method, compare, improve	Year 6 straddle jump, Fosbury flop, measure, increase

ROUNDERS

Year 3 / Year 4 throwing, fielding, catching, power, get in line, communication, accuracy, communication, technique, batting, score, aiming, space, targets, barrier, run, run out, base, fielder, bat, bowler, underarm, overarm, wide, no ball	Year 5 / Year 6 umpire, tournament, tactics, stance, infield, outfield, run, evaluate, feedback, technique, gap, stumped, marker
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ORIENTEERING

Year 3 Orienteering, north, south, east, west, compass points, key features, school grounds, map, symbols, discuss, decisions	Year 4 pitch, Orienteering Point, decision making, relays, fair team decisions, resilience, discuss, teamwork, map skills, communication	Year 5 North, North-East, East, South-East, West, South-West, turning, relay, blind fold, key features, decision making, head-to-head sprints	Year 6 grid references, compass points, symbols, route, problem solving
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DANCE

Nursery copy, follow, left, in, out, shake, turn, space, right, move	Reception bounce, sequence, swing, clap, step, V shape, roll	Year 1 tempo, percussion, pathways, warming up, cooling down, space, control, travel, freeze frame / stillness, balance, sequence, positions, speed, solo, pairs, staccato, jump	Year 2 Lambretta, quartet sequence, pathways, travelling, forwards, backwards, step crossing sideways, canon, unison, flex, extension, pause, stillness, roll, contact, coordination, confidence, control, solo, duet, quartet, leap, mirroring, dynamic range
Year 3	Year 4 Scottish, spreys, reel	Year 5	Year 6

routine, set movement patterns, labyrinth, improvisation, sequences, dramatic actions, character mood and emotion, maze, interpretation, Minotaur, direction, low leg lifts, rotation, speed, balance, sliding, stepping, ducking, repetition, dynamics, short bursts, duet, leading, individual, paired, gestures, revise, solo, motifs, duets, coordinate, control, sequences, peripheral space, canon, unison, rhythm, jumping, lifting, pause, tableau, levels, elevation, tension, fluid, episodes, mirroring	Contemporary, modern, pathways, replicate, Kelly American jazz dance style, props, fusion, Sampson solo, critical appreciation of style, choreograph devices, quality of performances, self and peer review, lower leg flicks/kicks, circling pathways, step patterns, crouching feet patterns, gallop, skip, inversion, staccato, describe different movement qualities (dynamics), agility, changes of direction, curving/sweeping pathways, duet, trio, canon, unison, levels, repetition, travel, complex movements, structure, motifs, reversal, change of dynamic, change of spatial orientation.	Bhangra, Kathak, Fusing, Ballet, Line, Square, Tatkar, footwork, chakkars, Hastas, ballet, urban cool, improvisation, choreographic, pairs, trios, quartets, contemporary culture, pulse, bounce, the wop, swinging actions, fluid, twists, jerks, stamp, low centre of gravity, swagger, isolations, locking, popping, sharp, firm, bound dynamics, sudden force, gestures, abrupt, moving sideways, coordination, patterns, travelling, parallel, symmetry, asymmetry, rhythms, phrases, lines, variations, contrast, touching up/down, lunges, square formation, canon, unison, port de bras, contemporary, change the dynamic, staccato, suspension, tilt, modern, contraction (torso curve), opening release, dynamics to explore, fluid turn, halting flow, strong propulsion (jumps), elevate, transition, release, dancers periphery (space around the body), turn in the air (tour en l'air), performance, critique, Tudor, Square, Line, formal, steps, jumps, reels,	Capoeira, Afro - Brazil Themed, Martial Arts, ginga, defending, attacking, simulated combat, acrobatic, street, hip hop, spinning, swinging actions, leg kicks, Capoeirista, rhythmically, transference of weight and bounce, low centre of gravity, core strength, fall in and out, coordination, swirling kicks, rasteiras, swirling leg kicks, opponent, circling leg, uninterrupted flow, opponents, origin, choreograph, hip joint, lunging sequence, parallel, core control, balance, leg 'brushes/lifts', curving torso, alternate, sequence/motif, one direction, rebound, bounce, swing, peer rehearsal, appraisal, swinging kick, spinning kick, front kick, bent leg, sweeping kick, circling kick, deep lunge, the drop, the dodge, the cartwheel, travelling patterns, soloist, strong and light dynamic, distance, non-contact, mirroring, quartet, pathways, canon, unison, freeze frame, linking of movements, tableau, ABA structure Morris, Spain, Tudor May Pole, origins Country Dancing, Line, Square
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Collaborate, breathe, space, expressive, evaluate, describe, character, fluency, imaginatively, speed, level, direction, action, body parts, control, accuracy, travelling, beginning, middle, end, co-ordination, perform, explore, canon, unison, improvisation, rhythm, mirror, perform, audience, choreography, pace, practise, movement, rhythm.

- Solo / Cannon (turns) / Unison (pair)
- Space-direction / pathway
- Relationships-with who eg canon / unison
- Dynamics-how – fluid/jerky /smooth / staccato

FIELD

Nursery	Reception
field, hit, direction, control, accuracy, movement, space, predict, guess, hit, high, low, football, speed, slowly, standing, partner, foot, leg, kick, slow, stop, roll, balance, throw, catch, direct, weight	front, back, side, move, competition, inside, outside, closer, confident, faster, professional, distance, strong

DODGEBALL

Reception	Year 1	Year 2
arm, direction, follow through, underarm, throw, beanbag, crawl, run, hop, march, roll, catch, let go, hold, dodgeball, throw, ball, control, aim	accuracy, bounce, hands ready, heart, react, roll, rolling, rules, scoring, smash, success, target, teamwork, pass, direct, dodge, speed, teamwork, react, pass, reaction time, target	space, strike, compete, overarm, duck, movement

BASKETBALL

Year 1	Year 2	Year 3
roll, push, throw, underarm, overarm, stop, ball, side to side, forwards, backwards, control, fluency,	move, still, moving, vary, change	extend, receiver, pivot, free-pass, intercept, triple threat, drive, shoot, skills, accuracy,

tactics, attack, defend, space, game, dribble, bounce, aim, catch, pass, teamwork, rules, score, bounce, throw, catch		chest / bounce, pass, speed, dribbling, passing, possession	
Year 4 familiarisation, tip off, double dribbling, non-preferred, non-contact, challenge, competition, improve, foul, hold, possession, power, set shot, technique, double dribble		Year 5 jump stop, stride stop, static, defensive stance, dodge, offence, defence, shoot, protect, mark, evaluate, tactics, double dribble, awareness, attack, defend	
HOCKEY			
Year 3 aim, space, hockey, hockey stick, opposition, passing, dribbling, shoot, stick, control, teamwork, direction, decision making, aim, turn, stop, possession, speed, slap pass, push pass, attack, defence	Year 4 communicate, cooperation, marking, possession, power, strike, support, tackle, opposition, avoiding, recover, react	Year 5 mark, block, Slap Pass, decision making, possession, principles, evaluate, watch, explore	Year 6 close down, cover, track, discuss, explore
MULTISKILLS			
Nursery games, throwing, catching, rolling, bouncing, travelling, ball, control, equipment, movement, explore, bat, chase, throw, catch, roll, bounce		Reception ball skills, hit, bat, racquet, strike, skills, tactics, underarm, object, target, kick, equipment, rules, tactics, win	
SAQs / ABCs			
Nursery / Reception speed, agility, quickness, balance, co-ordination, awareness, understanding space, movements, body parts, speed, safely, equipment, travel, sideways, backwards, ball		Year 1 / Year 2 sprint, jump, turn, twist, footwork, balance, ladder drills, look forward, smooth action, improve, space, spatial awareness, body mechanisms	
Year 3 / Year 4 technical, bend, knees, posture, travelling, time runs		Year 5 / Year 6 change of direction, motion, drills, demonstrate, explain, explosive, distance, mechanics	