|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Archbishop Courtenay Primary School  **PE Vocabulary** | | | | | | | |
| Vocabulary - Gymnastics | | | | | | | |
| Warm up  Cool down  Control  Balance  Move  Jump  Land  High  Low  Shape  Travel  Health  Explore  Diet  Stretch  Exercise  Healthy  Safety  Space  Copy  Watch  Equipment | Points  Patches  High  Low  Travel  strong (tension)  stretch (extension) control  Flight  Bounce  Jump  Flexible  Balance  Stretch  Spin  Shape  Land  Wide  Narrow  Curled  Warm up  Cool down | High  Low  Travel  Slide  Rolling  Jump  Land  Flexible  Tension  Extension  Stretch  Balance  Spin  Shape  Linking  Sequence  Technique  Warm up  Cool down  Leap  Direction | Pathway  Flexible  Direct  Travel  Stretch  Wide  Thin  Long  Short  Curled  Roll  Jump  Levels  Speeds  Sequence  Contrasting  Acceleration  deceleration  Direction  forwards  backwards  sideways  co-ordination  leap  Spin  side  step  tension  extension  even  uneven  symmetrical asymmetrical  balance | | Balance  Travel  Shape  Extension  Tension  Direction  Sliding  Rolling  Contrasting Communication  co-operation  receiving weight  jumping  bunny hop  leaping  cart-wheel  twisting  turning  speeds  levels  Spin  flexibility  co-ordination  Warm up  Cool down | Bridges  Balance  Travel  Shape  Roll  Turn  Jump  Slide  Levels  Speed  Direction  Sequence  Extension  Tension  Strong  contrasting communication leadership  Spin  Rotate  Axis  Flight  Wheel  Spring  Leap  take-off  land  clock wise & anti clock wise  Warm up  Cool down | Counter-balance Counter-tension  Balance  Travel  Shape  Extension  Tension  Matching  Mirroring  contrasting communication leadership Synchronisation  Canon  Warm up  Cool down |
| **Vocabulary - Games** | | | | | | | |
| Throw  Catch  Pass  Roll  Bounce  Stop  Looking  Stopping  Warm up  Cool down  Control  Large movements Small movements Move  Health  Explore  Diet  Exercise  Healthy  Safety  Space  Copy  Watch  Equipment  team work | Actions  Throw  Catch  Pass  Receive  Bounce  Roll  Dribble  Hit  Space  Move  Safety  Looking  stopping  control  target  aiming  Warm up  Cool down  team work | Throw  Catch  Pass  Receive  Bounce  Roll  Control  Dribble  Hit  Space  Move  Safety  Looking  Stopping  Evaluate  controlling  defender  attackers  Rules  Warm up  Cool down  Calling  Signalling  team work | Dribble  Send  Pass  Receive  Calling  Signalling  Space  Movement  scoring  High  Low  Tactics  Space  Opponent  target  throw  catch  Evaluate  feed  aiming  striking  hitting  Rules  Overarm  under arm  fielding  Net games  chasing  rolling  barrier  space  movement  scoring  Warm up  Cool down  team work | High  Low  Space  Opponent  target  throw  catch  feed  aiming  Chest pass  agility  push pass  Bounce pass  Opponent  Movement  Accurate  dodging  Control  Signalling  Evaluate  Tactics  Overarm  under arm  Rules  Warm up  Cool down | | Chest pass  push pass  space  opponent  target  movement accurate  control  signalling  balance  strength  agility  Throw  Send  Receive  Catch  Calling  dodging  Striking  Hitting  Fielding  Chasing  Rolling  Movement  team work Overarm  under arm  scoring  Evaluate  Health  Fitness  Well-being Tactical  Warm up  Cool down | Dribble Pass  Invasion  Signal  Receive  Tackle  Defend  Attack  Accuracy  team work  strategy  agility  space  control  dodging  technique  Throw  Send  Catch  Calling  Striking  Hitting  Fielding  Chasing  Rolling  Bowling  Overarm  under arm  space movement scoring  Fitness  Well-being  Evaluate  Warm up  Cool down |
| **Vocabulary – Dance** | | | | | | | |
| Warm up  Cool down  Large movements  Small movements  Move  Health  Explore  Performance  Perform  Diet  Exercise  Healthy  Safe  Space  Music  Copy  Watch  Equipment  Travel  Spinning  Turning  Rolling  Jump T  iming | Compose  Timing  Gesture  Movement  Dance phrase Choreography  Routine  Formation  Explore  Rhythm  Performance  Perform  Music  Exercise  Direction  Spinning  Turning  Warm up  Cool down  Speeds  Levels  Copy  Watch  Describe  Travel  Slide  Spinning  Turning  Evaluate  Rolling  Jump  Timing  Beats | Compose  Perform Performance  Pattern  Express  Dance phrase  Explore  Direction  Pathways  Music  Travel  Slide  Spinning  Turning  Rolling  Jump  Spring  Speeds  Levels  Evaluate  Tension  Control  Extension  Warm up  Cool down  Timing  Beats | Turn  Gesture  Jump  Travel  Express  Explore  Mimic  Mime  Timing  Music  Flow  Movement  Patterns  Motif  Beats  Rhythm  Machinery  Robotic  Aesthetic  Dynamic  Transition  Rotation  Performance  Perform  Warm up  Cool down  Evaluate | Unison  Flow  Choreograph  Bouncy  Formation  Canon  Explore  Audience  Narrative  Character  Transition  Mirroring  Music  Beats  Rhythm matching Gestures Performance Perform  Warm up  Cool down Evaluate  Stimuli  Improvise | | Turn  Gesture  Jump  Stillness  Travel  Expression  Clarity  Mimic  Mime  Formation  Explore Relationship Timing  Music  Movement Patterns  Motif  Music  Beats  Rhythm Machinery Performance Perform  Robotic  Action  Reaction  Warm up  Cool down Evaluate Improvise | Turn  Gesture  Jump  stillness  travel  expression  Combine  clarity  mimic  mime  Explore  timing  movement  Structure  Fluent  patterns  Music motif  music beats Performance  Perform  rhythm  Fitness  Health and well being Warm up  Cool down  Evaluate  Improvise |