|  |
| --- |
| Archbishop Courtenay Primary School**PE Vocabulary** |
| Vocabulary - Gymnastics |
| Warm up Cool down Control Balance Move Jump Land High Low Shape Travel Health ExploreDiet StretchExercise Healthy Safety Space Copy Watch Equipment | Points Patches High Low Travel strong (tension) stretch (extension) control FlightBounce Jump Flexible Balance Stretch Spin Shape Land Wide Narrow Curled Warm up Cool down | High Low TravelSlide Rolling Jump Land Flexible Tension Extension StretchBalance Spin Shape Linking Sequence Technique Warm up Cool down Leap Direction | Pathway Flexible Direct TravelStretch 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 upCool 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 Equipmentteam work  | Actions Throw Catch Pass Receive Bounce Roll Dribble Hit Space Move Safety Looking stopping control target aiming Warm up Cool downteam work  | Throw Catch Pass ReceiveBounceRoll Control Dribble Hit Space Move Safety Looking Stopping Evaluate controlling defender attackers Rules Warm up Cool down Calling Signallingteam 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 armfielding Net games chasing rolling barrier space movement scoring Warm up Cool downteam work  | High Low Space Opponent target throw catch feed aiming Chest passagility 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 MoveHealth ExplorePerformance Perform Diet Exercise Healthy Safe Space Music Copy Watch Equipment Travel Spinning Turning Rolling Jump Timing | 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 TurningEvaluateRolling Jump TimingBeats | Compose Perform Performance Pattern Express Dance phrase Explore Direction Pathways Music Travel Slide Spinning Turning Rolling Jump Spring Speeds LevelsEvaluate Tension Control Extension Warm up Cool down Timing Beats | Turn Gesture Jump Travel Express ExploreMimic Mime Timing Music Flow Movement Patterns Motif Beats RhythmMachinery 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 MusicBeats 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 |