

EYFS

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| Move | Changing position or going from one place to another. |
| Stop | Staying completely still without any movement. |
| Wiggle | Making small, quick movements from side to side. |
| Spin | Turning around in a circle, either slowly or quickly. |
| Stretch | Making the body or limbs as long as possible. |
| Roll | Turning over and over while staying on the floor. |
| Bend | Changing the shape of the body by curving part of it. |
| Straight shape | Holding the body in one long, unbroken line. |
| Tuck shape | Bringing the knees close to the chest while keeping the body compact. |
| Run | Moving quickly by putting one foot in front of the other. |
| Throw | Using a hand to send something through the air. |
| Catch | Using hands to grab something before it falls. |
| Kick | Hitting something with the foot to send it away. |
| Jump | Pushing off the ground with both feet and coming back down. |

Year 1

Dance

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| Beat | The steady sound or rhythm in music that helps guide movements. |
| Rhythm | A repeated pattern of sounds or actions, often set to music. |
| Movement | A repeated pattern of sounds or actions, often set to music. |
| Step | Lifting a foot and placing it down in a new spot to move forward. |
| Pattern | A series of actions that are repeated, like a set of steps or gestures. |
| Direction | Moving in a certain way, such as forward, backward, or sideways. |

Gymnastics

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| Balance | Keeping yourself steady without tipping over. |
| Shape | A certain body position that stays the same for a while. |
| Star shape | Spreading arms and legs wide apart while standing or lying. |
| Pencil shape | Keeping the body long and straight, like a thin line. |
| Control | Moving deliberately and in a steady way without shaking. |

Games

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| Pass | Giving an object or ball to another person. |
| Space | An area where you can move freely without being crowded. |
| Opponent | Someone who is on the opposite team and trying to win. |
| Goal | An area or target where points are scored in a game. |
| Tag | Touching someone lightly as part of a game to make them "it" or to stop them from running. |

Year 2

Dance

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| Flow | Moving smoothly from one action to the next without interruptions. |
| Gesture | Using your body, usually arms or hands, to express something. |
| Bounce | Moving up and down from a surface, like a ball. |
| Turn | Rotating or changing direction by moving your body around. |
| Freeze | Stopping your body in one place, staying still for a moment. |

Gymnastics

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| Posture | The way you hold your body, especially when sitting or standing. |
| Landing | Coming down to the ground after jumping, landing safely. |
| Climb | Using hands and feet to go up or down a surface or object. |
| Travel | Moving from one location to another by walking, running, or other movements. |
| Straddle shape | Sitting or standing with legs spread apart. |

Games

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| Dribble | Gently bouncing or tapping a ball to move it forward. |
| Aim | Directing your focus to target something before attempting to hit it. |
| Target | An object or goal you are trying to hit or reach. |
| Chase | Moving quickly to catch someone or something. |
| Team | A group of players working together to play and win. |
| Year 3 | |
| Dance | |
| Expression | Showing how you feel through your movements and gestures. |
| Timing | Moving at the right moment to match the beat or rhythm. |
| Levels | Moving at different heights, like low, middle, and high. |
| Sequence | A series of actions performed in a specific order. |
| Pattern | A repeated series of movements or shapes. |
| Gymnastics | |
| Strength | The power to perform movements using muscles. |
| Flexibility | The ability to stretch your body without discomfort. |
| Hold | Keeping a position steady for a period of time. |
| Rotate | Turning your body around a central point. |
| Support | Using part of your body to hold yourself in position. |
| Games | |
| Shoot | Trying to score by sending a ball into the goal or target area. |
| Defend | Protecting the goal or area from the other team. |
| Attack | Moving toward the opponent's area to score. |
| Marking | Staying close to an opponent to prevent them from getting the ball. |
| Passing | Sending the ball to a teammate to help them move forward or score. |
| Pivot | A quick turn or shift in direction while keeping one foot planted, often used to change position or avoid opponents. |
| Year 4 | |
| Dance | |
| Performance | Showing your dance for an audience or group. |
| Formation | Arranging dancers or movements in a specific shape or line. |
| Direction | Moving in a particular way, such as forward or sideways. |
| Speed | The pace at which you move or perform an action. |
| Energy | The force or power behind your actions, making them feel lively or powerful. |
| Gymnastics | |
| Coordination | Moving different parts of the body in a controlled and smooth way. |
| Precision | Being exact and careful with each action. |
| Routine | A set of movements performed in a particular order. |
| Link | Connecting one action to the next without stopping. |
| Core | The muscles in your middle section that help you stay strong and balanced. |
| Games | |
| Intercept | Stopping the ball or player from advancing by getting in the way. |
| Control | Keeping the ball close and carefully guiding it. |
| Position | The place you take on the field during the game, whether to attack or defend. |
| Reaction | Responding quickly to what's happening in the game. |
| Strategy | A plan or approach to playing the game well and winning. |
| Year 5 | |
| Dance | |
| Choreography | A set of movements that are carefully planned and put together to create a dance. |
| Transitions | The smooth changes from one movement or position to another. |

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| Contrast | Using different types of movements or speeds to create variety in the dance. |
| Synchronise | Moving at the same time and in the same way as others in a group. |
| Dynamics | Changing how a movement feels, like making it stronger, softer, faster, or slower. |
| Gymnastics | |
| Vault | A gymnastic move where you jump over an object or piece of equipment. |
| Rotation | Turning around a central point, like flipping or spinning. |
| Flight | The time when your body is off the ground during a movement, like a jump or leap. |
| Risk | A challenging move or action that requires courage, like trying something difficult or new. |
| Combination | Putting several movements together smoothly as part of a sequence. |
| Games | |
| Tactics | A plan of action used during a game to help the team do well. |
| Possession | When one team has control of the ball or equipment during the game. |
| Adaptation | Changing your way of playing based on what's happening in the game. |
| Pressure | The force or stress of trying to make a move or decision quickly, especially under competition. |
| Agility | Moving quickly and easily in any direction to avoid opponents or change position. |
| Year 6 | |
| Dance | |
| Motif | A small, repeated movement or phrase that can be used as a theme in choreography. |
| Interpretation | Expressing or understanding the meaning behind a dance, often based on the music or story. |
| Improvisation | Making up movements on the spot without planning them first. |
| Cannon | A movement where dancers perform the same action, but at different times, creating a "wave" effect in the choreography. |
| Staging | The way a performance is arranged, including how people are positioned and how the space is used. |
| Gymnastics | |
| Tension | The feeling of keeping your muscles tight and controlled during a movement to maintain balance or form. |
| Dismount | The movement used to finish or leave an apparatus after performing a skill. |
| Elevation | The act of raising or lifting your body, such as when performing a jump or balancing on an apparatus. |
| Alignment | The correct positioning of your body parts in relation to each other during a movement to ensure stability and control. |
| Extension | Fully stretching or lengthening your body or limbs during a move to make it look controlled and graceful. |
| Games | |
| Formation | The arrangement of players on the field or court to help your team play together. |
| Counterattack | A quick response to an opponent's attack, often used to regain control of the game or score. |
| Recovery | The ability to regain balance, position, or control after a mistake, loss of possession, or change in the game. |
| Deflection | When the ball or object changes direction after hitting something or someone, often unintentionally. |
| Breakaway | A quick move or sprint to escape an opponent, often leading to an opportunity to score or advance the play. |