Lyng Key Vocabulary for PE

	Autumn			Spring		Summer	
Year R	**Me and Myself** Listen Move Control Feet Body Explore Toes Stomach Knees Hand Fingers Feet Elbows Bottom, Body Parts Back Arms Senses Instructions Awareness Movement		**Real PE** **Unit 2 - Social Cog** Share Width Take off Jump Balance Seated Touching Control	**Real Dance – Creative** **Unit 1 – Creative Cog** Shape Balance Control Standing shapes Floor shapes Still	**Real PE** **Unit 4 - Creative Cog** Copy Explore Sit Along Rock Lean in	**Cricket** Rolling Catch Bat Ball Tee	**Real PE** **Unit 5 - Physical Cog** Confidently Travel Receive Roll Throw React Quick
	Real Gym – Gymnastics **Unit 1 – Personal Cog**		**Real PE** **Unit 1 - Personal Cog**	**Tennis**	**Real PE** **Unit 3 – Cognitive Cog**	**Athletics**	**Real PE** **Unit 6 - Health & Fitness Cog**
	Shape Tuck Star Straight Pike Straddle Bend Task Safely Apparatus On top Under Behind Beside	Travel March Slide Obstacles Over On to Climb On and off Around	Task Safely Gallop Side step Hop Skip Directions Back Muscles Straight Still Wobble	Throw Catch Side-Step Target Aim Hop	Follow Rules Line Forwards Stance Still	Walk Jog Throw Target Jump Run Hop Skip Fast Pass	Aware Exercise Chase Collect Hold Reach Straight

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Year 1	**Tag Rugby** Tag-Rugby Belts Target Catch Run Throw Pass Space Attack Defend Try	**Real PE** **Unit 2 - Social Cog** Sensibly Take turns Landing Swing Freeze Quarter Position Swap Cone Return	**Real Dance** **Unit 1 - Creative Cog** Shape Balance Control Bend Absorb Sequence Respond Beat Demonstrate Opposite Individually Diverse Range Perform Partner Contact Maintain Balls of feet Muscles Absorb impact Silk Abstract Watch Rearrange Variety Circles Silk moves	**Real PE** **Unit 4 - Creative Cog** Observe Describe Upper body Around Touching Side to side	**Cricket** Rolling Catch Bat Release Safety Tee Target Cradle	**Real PE** **Unit 5 - Physical Cog** Single Range Backswing Ready position Follow through Steady Dropped
	Real Gym – Gymnastics **Unit 1 – Personal Cog** Accurate Stretched Perform Sequence Instructions Practise Squeezed tight Supported In contact Hanging Extend Grip Tiptoes Balls of feet Movement pattern Opposite arm and leg Smooth Continuously Sloped	**Real PE** **Unit 1 - Personal Cog** Instructions Practise Fluency Half turn Combine Pivot Front Reverse Challenging Core muscles Tight Squat	**Tennis** Throw Catch Run Ready Racket Underarm Bounce Balance	**Real PE** **Unit 3 – Cognitive Cog** Understand Simple Backwards Heels Shoulder Width	**Athletics** Throw High Low Skip Aim Fast Slow Safely Step Bounce Jump Leap Hop Repeat Run Target	**Real PE** **Unit 6 - Health & Fitness Cog** Changes Health Balanced Quickly In line Shoulders hips

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Year 2	**Tag Rugby** Tag-Rugby Belts Target Catch Run Throw Pass Space Attack Defend Try		**Real PE** **Unit 2 - Social Cog** Praise Encourage Height Dynamic Tucked Shape Dish Hold	**Real Dance** **Unit 1 - Creative Cog** Core strength Balance Control Travelling Jumping Turning Diverse Creative 'Kind touch' Contact Communicate Muscles Tight Balls of feet	Absorb impact Diverse Demonstrate Softly Sequence Abstract Watch Transitioning Linking Silk moves Partnering Timings	**Real PE** **Unit 4 - Creative Cog** Compare Select Link Gradually Increase Partner Long base	**Cricket** Aim Control Overarm Challenge Bowl Striker	**Real PE** **Unit 5 - Physical Cog** Level Direction Speed Catch Rally Strike Pushing Bounce
	Real Gym – Gymnastics **Unit 1 – Personal Cog** Preparation phase Technique Absorb impact Several Appropriate Footwork pattern Focus Landing spot Focus Controlled Accurate Fluent Retained	Vertical axis Respond Pivoting Spotting Accuracy of shape	**Real PE** **Unit 1 - Personal Cog** Several Appropriate Opposite Hopscotch Angle Smooth Dominant Non-standing	**Tennis** Forehand Backhand Ready position Skills Points Control Doubles Team		**Real PE** **Unit 3 – Cognitive Cog** Recognise Order Lifting 90 degrees Low beam Apart	**Athletics** Overarm Underarm Walking Jogging Accelerate Baton Relay Push Take off Landing Evaluate Improve	**Real PE** **Unit 6 - Health & Fitness Cog** Equipment Appropriately Safely Driving arms Concentrate Object Under Upwards

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Year 3	**Tag Rugby** Evade Dodge Space Teamwork	**Real PE** **Unit 2 - Social Cog** Patience Support Balls of feet Momentum Minimum Arm's distance	**Real Dance** **Unit 1 – Creative Cog** Core strength Balls of feet Extend Sequence Repeat Tight muscles Absorb impact Diverse Perform Demonstrate Unison Mirroring Canon Silk moves Abstract Transitioning Linking Relaxed Partnering Choreography Core strength Combine Reverse	**Real PE** **Unit 4 - Creative Cog** Versions Respond In line Rally Soft hands Short base Together	**Cricket** Long Barrier Scooping Wicket Teamwork Bowler	**Real PE** **Unit 5 - Physical Cog** Sequences Apply Extend Gradually Mini back support Correct
	Real Gym - Gymnastics **Unit 1 – Personal Cog** Posture Body tension and extension Pathway Adjust Mirror Match Contrast Learning Succeed Static shapes Mastered Apparatus in motion Spotting Pivot Transfer Timing Synchronisation	**Real PE** **Unit 1 - Personal Cog** Learning Succeed Alternating Fluent Focus Point Imagine	**Tennis** Rules Focus Ready stance Control Balance Forehand Backhand Points Rally	**Real PE** **Unit 3 – Cognitive Cog** Explain Identify Action Hips to lips Avoiding Fingertips Gradually	**Athletics** Pull Distance Sprint Steady pace Accuracy Height Record Joints Rhythm Leading leg Measure Underarm Overarm Heart beat Pulse rate Jogging Walk	**Real PE** **Unit 6 - Health & Fitness Cog** Warm up Cool down Timing Accelerate Raise Balls of feet Weight

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Year 4	**Tag Rugby** Pass Share Tag Attack Dummy Defend Mark Fitness Agility Speed	**Real PE** **Unit 2 - Social Cog** Carefully Co-operate Sideways Raising Maintain Throughout Strain	**Real Dance** **Unit 1 - Creative Cog** Travelling Jumping Turning Absorb impact Balls of feet Direct contact Soft contact Supporting Communicate	**Real PE** **Unit 4 - Creative Cog** Recognise Similarities Differences Alternately Focused Vary Communicate Counterbalance	**Cricket** Accuracy Batter Score Fielder Co-operate	**Real PE** **Unit 5 - Physical Cog** Perform Body tension Accelerate Feet apart Stretched out Front support
	Real Gym – Gymnastics **Unit 1 – Personal Cog** Linked Plank Counterbalance Contrasting Complementary Flow Base React Challenge Simultaneously One motion	**Real PE** **Unit 1 - Personal Cog** React Challenge Pattern speed Heel raises Feedback Improve	**Tennis** Consecutive Drop feed Hand feed Accuracy Rally Position Compete Grip Communicate	**Real PE** **Unit 3 – Cognitive Cog** Improvement Angle Fluidly Attacking Defending Complete Increasing	**Athletics** Hurdles Landing Control Preferred Landing foot Time Stamina Obstacles Stance Diagonal Approach Speed Relay	**Real PE** **Unit 6 - Health & Fitness Cog** Describe Explain Stable Force Receiving

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Year 5	**Tag Rugby** Ready Position Agility Directions Pick up Dodge Match Avoid Intercept Pass Share Defend Mark Speed	**Real PE** **Unit 2 - Social Cog** Roles Responsibilities Marching Sink hips Short base Forearm	**Real Dance** **Unit 1 - Creative** Graceful Smooth Sequence Repeat Reverse Melody Express Musical phase Replicate Opposite	**Real PE** **Unit 4 - Creative Cog** Creative Sequences Express Tactics Stability Repeatable Stretched Positive Aligned	**Cricket** Inspire Speed Distance Wide Wicket Keeper Over Runs Fair Play	**Real PE** **Unit 5 - Physical Cog** Flow Link actions Consistency Vigorous Base of support Stability
	Real Gym – Gymnastics **Unit 1 – Personal Cog** In isolation Coils Replicating Rhythmic Persevere Transferable skills Regular Synchronised Canon void	**Real PE** **Unit 1 - Personal Cog** Persevere Regular Complete Criss cross Fluidity Ready position Pushing off	**Netball** Space Centre pass Obstruction Centre circle Intercept Centre third Double dodge Penalty pass Goal third	**Real PE** **Unit 3 – Cognitive Cog** Criteria Force Various Judge Awareness Increase Zig zag	**Athletics** Sprint Team Distance Measure Height Target Pacing Rhythm Obstacles Leading leg Hurdles Throwing Speed Accuracy Take off Stamina Time	**Real PE** **Unit 6 - Health & Fitness Cog** Fitness Components Identify Cross over Circuit Opposite Long barrier

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Year 6	**Tag Rugby** Ready Position Agility Directions Pick up Dodge Match Avoid Intercept Pass Share Defend Mark Speed	**Real PE** **Unit 2 - Social Cog** Guide Motivate Negotiate Lunge Driving Co-ordinated Counterbalance	**Real Dance** **Unit 1 - Creative** Graceful Smooth Sequence Repeat Reverse Melody Express Musical phase Replicate Opposite	**Real PE** **Unit 4 - Creative Cog** Imaginatively Adapt Adjust Centre of gravity Reach Rotating Transfer	**Cricket** Fluency Motion Technique Focus Leadership Zone	**Real PE** **Unit 5 - Physical Cog** Combinations Accurately Sport specific Vertical stance Momentum Uneven
	Real Gym – Gymnastics **Unit 1 – Personal Cog** In isolation Coils Replicating Rhythmic Persevere Transferable skills Regular Synchronised Canon void	**Real PE** **Unit 1 - Personal Cog** Performance Recognise Figure of 8 Alternate Consistency Gradually Extend React Acceleration	**Netball** Infringement Offside Opposition Over a third Reaction Perseverance Possession Pivot Position	**Real PE** **Unit 3 – Cognitive Cog** Specific Outwit Posture Strike Swerve Fluent	**Athletics** Release Performance Accuracy Take off Distance Target Time Position Measure Control Height Run up Hurdles	**Real PE** **Unit 6 - Health & Fitness Cog** Record Monitor Self select Repeatable Accuracy Peripheral vision Reverse pivot