

## GHS Vocabulary Progression for P.E.

	R	1	2	3	4	5	6
<b>Position</b>		above anti-clockwise area backward below centre clockwise close to corner direction distance far first...second (etc) forward further group guess half half turn higher larger last least less long longer more most near object own space point position	beyond compare height left order rank right	cross cross court down the line estimate left parallel right square tie		average distribution range rating seed	circumference diameter intersecting perimeter

		quarter turn short sideways smaller underneath whole					
<b>Location</b>		court field floor (of a pool) lane pitch poolside racetrack ring track	environment obstacle surroundings target	arena crease green region stadium wicket	base incline origin zone	starting blocks velodrome	
<b>Time</b>		after before event next now seconds then when whistle	earlier hold later period session since		approximate preparation process recovery repetition several	abrupt continuity continuous decrease former increase latter occasion phase	context dominate enduring

Shape and movement		backward roll balance bounce catch cool down forward roll handstand hit jog jump kick land one-handed overarm press-up pull-up race rhythm run sit-up skip speed spin sprint squat star jumps stretch throw travel twist two-handed underarm walk warm-up	arch bridge cartwheel control lunge lunge kick rhythm route sidestep space split stationary strike symmetrical tuck tumble	assist backhand backstep dynamics extended footwork force forehand function game hollow lob match match point muscle navigate pace peak rally receive rotate sequence serve set shot straddle volley	accelerate agility bridge walk demonstrate endurance intensity non-dominant receive spin tuck roll	backspin friction maximum minimum outcome resistance rigorous scull sidespin topspin velocity	aerobic anaerobic anticipate movement
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<p style="text-align: center;"><b>Teamwork and behaviour</b></p>		background behaviour challenge choice disabled dream enjoy feeling group idea imagination impression manners persevere polite resilience rule setting team tradition	action bullying cooperate creative disability enjoyment environment feedback focus gender guideline opinion persistence respect responsibilities rights strategy surroundings tactics worry	achieve adjust ambition antisocial appreciate climate collaborate compete concern confidence conflict consequence contribute creativity criticise discrimination minority negative positive principle principles reflect resolve self-confidence sensitive	aspiration characteristic code consider constructive critique empathy ethic evaluate integrity intense mindfulness modify perseverance personal quality recognize resilience self-worth sensitivity sympathy tolerance tolerate typical verbalise	aesthetic compassion compensate considerate crucial effective inform perspective pivotal	analyse bias characterise concept controversy dilemma epitomise facilitate prejudice values
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Sports

adventure sports  
athletics  
ball  
ball sports  
baseball  
basket  
basketball  
bat  
bike  
block  
boxing  
chess  
climbing  
cricket  
cycle  
dance  
diving  
football  
gymnastics  
hoop  
horse racing  
medal  
motor sports  
motorbike  
mountain sports  
net  
Olympics  
Paralympics  
player  
point  
racer  
racket  
rafting  
record  
rounders  
rowing  
rugby  
run  
sailing  
score  
shooting  
skiing

archery  
card games (snap)  
cards  
catcher  
coach  
competition  
cross-country  
deck  
defeat  
dominoes  
extreme sports  
golf  
high jump  
judo  
karate  
kart racing  
long jump  
mind sports  
parkour  
pitcher  
play  
pocket  
relay  
skateboarding  
snowboarding  
stick  
summer sports  
surfing  
tournament  
trainer  
victory  
winter sports

American football  
aquatic sports  
baton  
canoeing  
checkers  
club  
cue  
darts  
draughts  
draw  
fixture  
Formula 1  
Grand Prix  
hiking  
hockey  
ice hockey  
invasion games  
kayaking  
leisure  
long jump  
marathon  
paddle  
parachuting  
pool  
puck  
racquet  
scuba diving  
scuba diving  
synchronised  
swimming  
triathlon  
volleyball  
water polo

abseil  
badminton  
blade  
body-building  
body-boarding  
chop  
dodgeball  
drive  
drop  
fencing  
flick  
gliding  
hurdle  
javelin  
kick-boxing  
kitesurfing  
Kung Fu  
orienteeing  
paragliding  
parasailing  
pole vault  
pool  
race-walking  
skydiving  
smash  
snorkelling  
speed-walking  
squash  
Sumo  
Taekwondo  
triple jump  
windsurfing

bowls  
discus  
hammer  
shot put  
slalom

biathlon  
billiards  
bobsleigh  
curling  
decathlon  
dressage  
equestrian  
figure skating  
heptathlon  
hurling  
lacrosse  
pentathlon  
polo  
steeplechase

Football and games		attacker box centre spot corner defender dribble goal goal area penalty area linesman man-on mark midfield pass pitch referee shoot throw in	back pass cross foul free kick goal kick hand ball header kick off penalty kick penalty spot possession receive red card spot kick yellow card	18-yard box 6-yard box bend brace chip shot clean sheet double goal-keeper goalie hat-trick obstruction off-side position striker treble winger	campaign dive far post near post sliding tackle	nutmeg	
Dance		ballet beat loud notes performance piece quiet soft tune	call and response chorus compose counts ensemble harmony hip-hop melody relationships scale solo street dance tap unison	ballroom cadence canon coda flow improvise motif movement phrase soloist space stimulus technique theme time unison weight	Bhangra choreography contemporary convention crescendo improvisation Latin reproduce structure tempo		anticipation cross-rhythm downbeat off-beat swing syncopation upbeat

Swimming				backstroke breaststroke deep depth float (verb and noun) front crawl glide push self-rescue stroke submerge	log roll pike tread water tuck float		
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