

## Vocabulary – P.E. - games, swimming, athletics and outdoor and adventurous.

Milestone 1	Milestone 2		Milestone 3		
Opponent	Opponent	Target	Opponent	Target	Combine
Team-mate	Team-mate	Accuracy	Team-mate	Accuracy	Techniques
Rolling	Rolling	Strike	Rolling	Strike	Bowled
Hitting	Hitting	Opposition	Hitting	Opposition	Volleyed
Running	Running	Possession	Running	Possession	Forehand
Jumping	Jumping	Pass	Jumping	Pass	Backhand
Catching	Catching	Sprint	Catching	Sprint	Field
Kicking	Kicking	Conserve	Kicking	Conserve	Racket
Tactics	Tactics	Sustain	Tactics	Sustain	Defend
Rules	Rules	Under arm	Rules	Under arm	Attack
Fairly	Fairly	Over arm	Fairly	Over arm	Anticipate
Throw.	Throw.	Run-up	Throw.	Run-up	Empathise
		Compete		Compete	Circumstances
		Personal best		Personal best	Rallying
		Manage risks		Manage risks	Assess
		Resilience		Resilience	Adapt
		Initiative		Initiative	
		Maps		Maps	
		Compasses		Compasses	
		Orientate		Orientate	
		Conditions		Conditions	

Milestone 1	Milestone 2		Milestone 3		
Lead	Lead	Plan	Lead	Plan	Posture
Copy	Copy	Repeat	Copy	Repeat	High energy
Moves	Moves	Fluent	Moves	Fluent	Slow grace
Position	Position	Expressive	Position	Expressive	Stamina
Control	Control	Speed	Control	Speed	Springing
Co-ordination	Co-ordination	Levels	Co-ordination	Levels	Vaults
Link	Link	Strength	Link	Strength	Inversions
Perform	Perform	Flight	Perform	Flight	Rotations
Sequence	Sequence	Transferring	Sequence	Transferring	Gestures
Communicate	Communicate	Kinaesthetic sense	Communicate	Kinaesthetic sense	Body rotation
Mood feeling	Mood feeling	Placement	Mood feeling	Placement	Alignment
Idea	Idea	Centre of gravity	Idea	Centre of gravity	Well-hearsed
Awareness	Awareness	Base	Awareness	Base	Breast-stroke
Space	Space	Body shape	Space	Body shape	Front crawl
Contrast	Contrast	Swing	Contrast	Swing	Back stroke
Straight	Straight	Hang	Straight	Hang	Pattern
Curved	Curved	Coordinate	Curved	Coordinate	Efficiently
Wide	Wide	Stroke	Wide	Stroke	
Narrow	Narrow		Narrow		
Tall	Tall		Tall		
Small	Small		Small		
Travel	Travel		Travel		
Rolling	Rolling		Rolling		
Backwards	Backwards		Backwards		
Sideways	Sideways		Sideways		
Balancing	Balancing		Balancing		
Climb	Climb		Climb		
Equipment	Equipment		Equipment		
Stretch	Stretch		Stretch		
Flexibility	Flexibility		Flexibility		
Jump	Jump		Jump		
Land	Land		Land		