



Pennoweth PE vocabulary progression document



Year group:	Personal cog vocabulary	Social cog vocabulary	Cognitive cog vocabulary	Creative cog vocabulary	Applying physical cog vocabulary	Health and fitness cog vocabulary
<b>EYFS</b>	Simple tasks	Play together	Simple instructions	Observe Copy	Travel Move	Changes Feel
<b>Year 1</b>	Follow instructions	Understand Work sensibly	Observe Describe Understand Follow	Explore Describe Movement	Skill Movement Control Link	Exercise Health
<b>Year 2</b>	Ask for appropriate help	Help Encourage Praise	Recognise Order Similarities Differences	Compare Develop Link	Range of skills Some control Sequence Direction	Equipment Safe
<b>Year 3</b>	Challenge Take control	Patience Support Listen	Attacking Defending Explain	Recognise Respond Rules Versions Similarities Differences	Control Perform Repeat Consistency	Changes Warm up Cool down
<b>Year 4</b>	Cope Persevere Improve performance Consistent	Organise Guide Cooperate Feedback	Criteria Judge Performance Awareness	Develop Express Tactics Challenging	Variety Body tension Flow Running Jumping Throwing	Fitness components Record Monitor
<b>Year 5</b>	Develop Opportunities Strengths Weaknesses Appropriate targets	Sensitive feedback Improve Negotiate Collaborate	Decision Suggest Develop Outwit	Express Adapt Adjust Respond	Combination Confidence Fluency Accuracy	Appropriate Possible dangers
<b>Year 6</b>	Take responsibility Accept critical feedback	Lead Motivate	Review Analyse Evaluate Strengths Weaknesses	Variety Disguise Creativity	Consistency Transfer skills Challenging Competitive	Fitness levels Effective Fitness programme