|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **EYFS** | **Y1** | **Y2** | **Y3** | **Y4** | **Y5** | **Y6** |  |
| Counter Balance in Pairs  Lean side-to-side  Rock  Toes  Dynamic Balance on a line  Backwards  Line  Minimum  Wobble  Static Balance: Seated  Balance  Control  Position  Seated  Touching  Wobble  Dynamic Balance: Jumping and Landing  Balance  Jump  Take-off  Width  Coordination: Footwork  Agility – Ball Chasing  Chase  Collect  Roll  Coordination – footwork  skip  Backwards  Directions  Forwards  Static Balance: Stance  Balance  Ball  Heel  Line  Coordination: Sending and Receiving  Backswing  Partner  Power  Ready position  Rebound  Roll  Weight  Static Balance: Floor work  Hold  Mini-front support  Position  Reach round  Coordination – Ball Skills  Along  Around  Hand  Right  Roll  Sit  Static Balance: 1 leg  Back (body)  Challenging  Muscles  Straight  Wobble  Agility: Reaction and Response  Catch  React  Shoulder height | Counter Balance in Pairs  Lean side-to-side  Rock  Toes  Dynamic Balance on a line  Backwards  Line  Minimum  Wobble  Static Balance: Seated  Balance  Control  Position  Seated  Touching  Wobble  Dynamic Balance: Jumping and Landing  Balance  Jump  Take-off  Width  Coordination: Footwork  Agility – Ball Chasing  Chase  Collect  Roll  Coordination – footwork  skip  Backwards  Directions  Forwards  Static Balance: Stance  Balance  Ball  Heel  Line  Coordination: Sending and Receiving  Backswing  Partner  Power  Ready position  Rebound  Roll  Weight  Static Balance: Floor work  Hold  Mini-front support  Position  Reach round  Coordination – Ball Skills  Along  Around  Hand  Right  Roll  Sit  Static Balance: 1 leg  Back (body)  Challenging  Muscles  Straight  Wobble  Agility: Reaction and Response  Catch  React  Shoulder height | Counter Balance in Pairs  Lean side-to-side  Rock  Toes  Dynamic Balance on a line  Backwards  Line  Minimum  Wobble  Static Balance: Seated  Balance  Control  Position  Seated  Touching  Wobble  Dynamic Balance: Jumping and Landing  Balance  Jump  Take-off  Width  Coordination: Footwork  Agility – Ball Chasing  Chase  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Receiving  Backswing  Partner  Power  Ready position  Rebound  Roll  Weight  Static Balance: Floor work  Hold  Mini-front support  Position  Reach round  Coordination – Ball Skills  Along  Around  Hand  Right  Roll  Sit  Static Balance: 1 leg  Back (body)  Challenging  Muscles  Straight  Wobble  Agility: Reaction and Response  Catch  React  Shoulder height | Counter Balance in Pairs  Lean side-to-side  Rock  Toes  Dynamic Balance on a line  Backwards  Line  Minimum  Wobble  Static Balance: Seated  Balance  Control  Position  Seated  Touching  Wobble  Dynamic Balance: Jumping and Landing  Balance  Jump  Take-off  Width  Coordination: Footwork  Agility – Ball Chasing  Chase  Collect  Roll  Coordination – footwork  skip  Backwards  Directions  Forwards  Static Balance: Stance  Balance  Ball  Heel  Line  Coordination: Sending and Receiving  Backswing  Partner  Power  Ready position  Rebound  Roll  Weight  Static Balance: Floor work  Hold  Mini-front support  Position  Reach round  Coordination – Ball Skills  Along  Around  Hand  Right  Roll  Sit  Static Balance: 1 leg  Back (body)  Challenging  Muscles  Straight  Wobble  Agility: Reaction and Response  Catch  React  Shoulder height | Counter Balance in Pairs  Lean side-to-side  Rock  Toes  Dynamic Balance on a line  Backwards  Line  Minimum  Wobble  Static Balance: Seated  Balance  Control  Position  Seated  Touching  Wobble  Dynamic Balance: Jumping and Landing  Balance  Jump  Take-off  Width  Coordination: Footwork  Agility – Ball Chasing  Chase  Collect  Roll  Coordination – footwork  skip  Backwards  Directions  Forwards  Static Balance: Stance  Balance  Ball  Heel  Line  Coordination: Sending and Receiving  Backswing  Partner  Power  Ready position  Rebound  Roll  Weight  Static Balance: Floor work  Hold  Mini-front support  Position  Reach round  Coordination – Ball Skills  Along  Around  Hand  Right  Roll  Sit  Static Balance: 1 leg  Back (body)  Challenging  Muscles  Straight  Wobble  Agility: Reaction and Response  Catch  React  Shoulder height | Counter Balance in Pairs  Lean side-to-side  Rock  Toes  Dynamic Balance on a line  Backwards  Line  Minimum  Wobble  Static Balance: Seated  Balance  Control  Position  Seated  Touching  Wobble  Dynamic Balance: Jumping and Landing  Balance  Jump  Take-off  Width  Coordination: Footwork  Agility – Ball Chasing  Chase  Collect  Roll  Coordination – footwork  skip  Backwards  Directions  Forwards  Static Balance: Stance  Balance  Ball  Heel  Line  Coordination: Sending and Receiving  Backswing  Partner  Power  Ready position  Rebound  Roll  Weight  Static Balance: Floor work  Hold  Mini-front support  Position  Reach round  Coordination – Ball Skills  Along  Around  Hand  Right  Roll  Sit  Static Balance: 1 leg  Back (body)  Challenging  Muscles  Straight  Wobble  Agility: Reaction and Response  Catch  React  Shoulder height | **EYFS** |
| **PE**  **Progression of Vocabulary** | Same as EYFS | Same as EYFS | Same as EYFS | Same as EYFS | Same as EYFS | Same as EYFS | **Y1** |
|  | Counter Balance in Pair  Core muscles  Hold balance  Long base  Long base  Dynamic Balance on a line  90°  Fluidity  Forwards  Heels  Lifting  Maintain  Static Balance – seated  *C*one  Core  Muscles  Opposite  Return  Swap  Dynamic Balance: Jumping and Landing  Control  Height  Landing (soft)  Swing  Agility – Ball Chasing  Accelerate  Bouncing  Lying  Seated position  Coordination: Footwork  180°- half turn  90° - quarter turn  Combine  Elbow  Half turn  Hopscotch  Opposite  Pivot  Static Balance Stance  Low beam  Stand  Coordination: Sending and Receiving  Along the ground  Bounce  Catch  Rally  Soft hands  Strike  Throw  Static Balance: Floor work  Balance  Cone  Maintain  Mini-back support  Tummy  Coordination – Ball Skills  Down  Legs  Stand  Up  Upper body  Static Balance: 1 leg  (non) Balance  Control  Core muscles  Dominant  Freeze  Mini-squat  Non- Standing  Tight  Agility: Reaction and Response  Accelerate  Bounce  Dropped  Quickly  Ready position | Counter Balance in Pair  Core muscles  Hold balance  Long base  Long base  Dynamic Balance on a line  90°  Fluidity  Forwards  Heels  Lifting  Maintain  Static Balance – seated  *C*one  Core  Muscles  Opposite  Return  Swap  Dynamic Balance: Jumping and Landing  Control  Height  Landing (soft)  Swing  Agility – Ball Chasing  Accelerate  Bouncing  Lying  Seated position  Coordination: Footwork  180°- half turn  90° - quarter turn  Combine  Elbow  Half turn  Hopscotch  Opposite  Pivot  Static Balance Stance  Low beam  Stand  Coordination: Sending and Receiving  Along the ground  Bounce  Catch  Rally  Soft hands  Strike  Throw  Static Balance: Floor work  Balance  Cone  Maintain  Mini-back support  Tummy  Coordination – Ball Skills  Down  Legs  Stand  Up  Upper body  Static Balance: 1 leg  (non) Balance  Control  Core muscles  Dominant  Freeze  Mini-squat  Non- Standing  Tight  Agility: Reaction and Response  Accelerate  Bounce  Dropped  Quickly  Ready position | Counter Balance in Pair  Core muscles  Hold balance  Long base  Long base  Dynamic Balance on a line  90°  Fluidity  Forwards  Heels  Lifting  Maintain  Static Balance – seated  *C*one  Core  Muscles  Opposite  Return  Swap  Dynamic Balance: Jumping and Landing  Control  Height  Landing (soft)  Swing  Agility – Ball Chasing  Accelerate  Bouncing  Lying  Seated position  Coordination: Footwork  180°- half turn  90° - quarter turn  Combine  Elbow  Half turn  Hopscotch  Opposite  Pivot  Static Balance Stance  Low beam  Stand  Coordination: Sending and Receiving  Along the ground  Bounce  Catch  Rally  Soft hands  Strike  Throw  Static Balance: Floor work  Balance  Cone  Maintain  Mini-back support  Tummy  Coordination – Ball Skills  Down  Legs  Stand  Up  Upper body  Static Balance: 1 leg  (non) Balance  Control  Core muscles  Dominant  Freeze  Mini-squat  Non- Standing  Tight  Agility: Reaction and Response  Accelerate  Bounce  Dropped  Quickly  Ready position | Counter Balance in Pair  Core muscles  Hold balance  Long base  Long base  Dynamic Balance on a line  90°  Fluidity  Forwards  Heels  Lifting  Maintain  Static Balance – seated  *C*one  Core  Muscles  Opposite  Return  Swap  Dynamic Balance: Jumping and Landing  Control  Height  Landing (soft)  Swing  Agility – Ball Chasing  Accelerate  Bouncing  Lying  Seated position  Coordination: Footwork  180°- half turn  90° - quarter turn  Combine  Elbow  Half turn  Hopscotch  Opposite  Pivot  Static Balance Stance  Low beam  Stand  Coordination: Sending and Receiving  Along the ground  Bounce  Catch  Rally  Soft hands  Strike  Throw  Static Balance: Floor work  Balance  Cone  Maintain  Mini-back support  Tummy  Coordination – Ball Skills  Down  Legs  Stand  Up  Upper body  Static Balance: 1 leg  (non) Balance  Control  Core muscles  Dominant  Freeze  Mini-squat  Non- Standing  Tight  Agility: Reaction and Response  Accelerate  Bounce  Dropped  Quickly  Ready position | Counter Balance in Pair  Core muscles  Hold balance  Long base  Long base  Dynamic Balance on a line  90°  Fluidity  Forwards  Heels  Lifting  Maintain  Static Balance – seated  *C*one  Core  Muscles  Opposite  Return  Swap  Dynamic Balance: Jumping and Landing  Control  Height  Landing (soft)  Swing  Agility – Ball Chasing  Accelerate  Bouncing  Lying  Seated position  Coordination: Footwork  180°- half turn  90° - quarter turn  Combine  Elbow  Half turn  Hopscotch  Opposite  Pivot  Static Balance Stance  Low beam  Stand  Coordination: Sending and Receiving  Along the ground  Bounce  Catch  Rally  Soft hands  Strike  Throw  Static Balance: Floor work  Balance  Cone  Maintain  Mini-back support  Tummy  Coordination – Ball Skills  Down  Legs  Stand  Up  Upper body  Static Balance: 1 leg  (non) Balance  Control  Core muscles  Dominant  Freeze  Mini-squat  Non- Standing  Tight  Agility: Reaction and Response  Accelerate  Bounce  Dropped  Quickly  Ready position | **Y2** |
|  | Counter Balance: In Pairs  Coordinated  Forearm  Perform  Short base  Dynamic Balance on a line Marching action  Heel to toe landing  Hips to lips  Static Balance – Seated  Dish  Hold  Shape  Straight  Dynamic Balance: Jumping and Landing  Balls of feet  Dynamic  Momentum  Straight  Agility – Ball Chasing  Driving arms  Hips to lips  Coordination: Footwork  3 step  Alternating  Increase  Pattern  Speed  Zigzag  Static Balance Stance  Angles  Force  Maintain  Raising  Coordination: Sending and Receiving  Accuracy  Alternately  Kick  Position  Return  Same foot  Static Balance: Floor work  Full front support position  Point  Transfer  Coordination – Ball Skills  Alternate  Apart  Around  Height  Tummy  Static Balance: 1 leg  (With and without)  Feedback  Focus  Heel raises  Improve  Point  Practice  Static  Support  Agility: Reaction and Response  Catching leg  Feet apart  Weight | Counter Balance: In Pairs  Coordinated  Forearm  Perform  Short base  Dynamic Balance on a line Marching action  Heel to toe landing  Hips to lips  Static Balance – Seated  Dish  Hold  Shape  Straight  Dynamic Balance: Jumping and Landing  Balls of feet  Dynamic  Momentum  Straight  Agility – Ball Chasing  Driving arms  Hips to lips  Coordination: Footwork  3 step  Alternating  Increase  Pattern  Speed  Zigzag  Static Balance Stance  Angles  Force  Maintain  Raising  Coordination: Sending and Receiving  Accuracy  Alternately  Kick  Position  Return  Same foot  Static Balance: Floor work  Full front support position  Point  Transfer  Coordination – Ball Skills  Alternate  Apart  Around  Height  Tummy  Static Balance: 1 leg  (With and without)  Feedback  Focus  Heel raises  Improve  Point  Practice  Static  Support  Agility: Reaction and Response  Catching leg  Feet apart  Weight | Counter Balance: In Pairs  Coordinated  Forearm  Perform  Short base  Dynamic Balance on a line Marching action  Heel to toe landing  Hips to lips  Static Balance – Seated  Dish  Hold  Shape  Straight  Dynamic Balance: Jumping and Landing  Balls of feet  Dynamic  Momentum  Straight  Agility – Ball Chasing  Driving arms  Hips to lips  Coordination: Footwork  3 step  Alternating  Increase  Pattern  Speed  Zigzag  Static Balance Stance  Angles  Force  Maintain  Raising  Coordination: Sending and Receiving  Accuracy  Alternately  Kick  Position  Return  Same foot  Static Balance: Floor work  Full front support position  Point  Transfer  Coordination – Ball Skills  Alternate  Apart  Around  Height  Tummy  Static Balance: 1 leg  (With and without)  Feedback  Focus  Heel raises  Improve  Point  Practice  Static  Support  Agility: Reaction and Response  Catching leg  Feet apart  Weight | Counter Balance: In Pairs  Coordinated  Forearm  Perform  Short base  Dynamic Balance on a line Marching action  Heel to toe landing  Hips to lips  Static Balance – Seated  Dish  Hold  Shape  Straight  Dynamic Balance: Jumping and Landing  Balls of feet  Dynamic  Momentum  Straight  Agility – Ball Chasing  Driving arms  Hips to lips  Coordination: Footwork  3 step  Alternating  Increase  Pattern  Speed  Zigzag  Static Balance Stance  Angles  Force  Maintain  Raising  Coordination: Sending and Receiving  Accuracy  Alternately  Kick  Position  Return  Same foot  Static Balance: Floor work  Full front support position  Point  Transfer  Coordination – Ball Skills  Alternate  Apart  Around  Height  Tummy  Static Balance: 1 leg  (With and without)  Feedback  Focus  Heel raises  Improve  Point  Practice  Static  Support  Agility: Reaction and Response  Catching leg  Feet apart  Weight | **Y3** |
|  | Counter Balance: In Pairs  Controlled  Counterbalance  Movements  Dynamic Balance on a line  90° angle  Driving  Extend  Heel to bottom  Lunge  Sink hips  Static Balance – seated  Arm’s distance  Performance  Repeatable  Stability  Strain  V-shape  Dynamic Balance: Jumping and Landing  Backwards  Forwards  Freeze  Maintain  Maintain  Side-to-side  Agility – Ball Chasing  Knee sideways  Long barrier  Topping  Coordination: Footwork  Across  Consistent  Fluent  Knee raise  Maximum speed  Perform  Rhythm  Static Balance Stance  Knee height  Opposite  Posture  Thrown  **Coordination: Sending and Receiving**  Circuit  Consistency  Cross-over  Fluency  Opposite  Repeatable  Static Balance: Floor work  Back support  Control  Posture  Strain  Stretched  Coordination – Ball Skills  Knee sideways  Long barrier  Topping  Static Balance: 1 leg  Ankle extension  Controlled  Maintain  Movement  Repeatable  Smooth  Uneven  Agility: Reaction and Response  Extend  Pushing off hard  React | Counter Balance: In Pairs  Controlled  Counterbalance  Movements  Dynamic Balance on a line  90° angle  Driving  Extend  Heel to bottom  Lunge  Sink hips  Static Balance – seated  Arm’s distance  Performance  Repeatable  Stability  Strain  V-shape  Dynamic Balance: Jumping and Landing  Backwards  Forwards  Freeze  Maintain  Maintain  Side-to-side  Agility – Ball Chasing  Knee sideways  Long barrier  Topping  Coordination: Footwork  Across  Consistent  Fluent  Knee raise  Maximum speed  Perform  Rhythm  Static Balance Stance  Knee height  Opposite  Posture  Thrown  **Coordination: Sending and Receiving**  Circuit  Consistency  Cross-over  Fluency  Opposite  Repeatable  Static Balance: Floor work  Back support  Control  Posture  Strain  Stretched  Coordination – Ball Skills  Knee sideways  Long barrier  Topping  Static Balance: 1 leg  Ankle extension  Controlled  Maintain  Movement  Repeatable  Smooth  Uneven  Agility: Reaction and Response  Extend  Pushing off hard  React | Counter Balance: In Pairs  Controlled  Counterbalance  Movements  Dynamic Balance on a line  90° angle  Driving  Extend  Heel to bottom  Lunge  Sink hips  Static Balance – seated  Arm’s distance  Performance  Repeatable  Stability  Strain  V-shape  Dynamic Balance: Jumping and Landing  Backwards  Forwards  Freeze  Maintain  Maintain  Side-to-side  Agility – Ball Chasing  Knee sideways  Long barrier  Topping  Coordination: Footwork  Across  Consistent  Fluent  Knee raise  Maximum speed  Perform  Rhythm  Static Balance Stance  Knee height  Opposite  Posture  Thrown  **Coordination: Sending and Receiving**  Circuit  Consistency  Cross-over  Fluency  Opposite  Repeatable  Static Balance: Floor work  Back support  Control  Posture  Strain  Stretched  Coordination – Ball Skills  Knee sideways  Long barrier  Topping  Static Balance: 1 leg  Ankle extension  Controlled  Maintain  Movement  Repeatable  Smooth  Uneven  Agility: Reaction and Response  Extend  Pushing off hard  React | **Y4** |
|  | Counter Balance: In Pairs  Maintain  Smooth  Taut  Trust  Dynamic Balance on a line  Continuous  Front/reverse pivots  Lateral step-behind  Lateral step-over  Repeat  Sidestep  Stand  Static Balance – Seated  Apply  Force  Reach  Steady  Dynamic Balance: Jumping and Landing  180° - half turn  Beam  Directions  Gravity  Lunge  Raising  Stance  Tuck  Turn  Vertical  Agility – Ball Chasing  Peripheral vision  Pivot  React  Coordination: Footwork  Alternative  Controlled  Smooth  Swerve  Static Balance Stance  Across body  Alternately  Partner  Racket  Coordination: Sending and Receiving  Communicate  Movement  Pass  Speed  Static Balance: Floor work  Back support  Contact  Control  Fluently  Posture  Rotating  Strain  Stretched  Coordination – Ball Skills  Front to back catches  Overhead throws  Soft hands  Static Balance: 1 leg  Base  Centre of gravity  Performance  Persevere  Stability  Vigorous  Agility: Reaction and Response  Challenge  Reverse pivot  **S**ound | Counter Balance: In Pairs  Maintain  Smooth  Taut  Trust  Dynamic Balance on a line  Continuous  Front/reverse pivots  Lateral step-behind  Lateral step-over  Repeat  Sidestep  Stand  Static Balance – Seated  Apply  Force  Reach  Steady  Dynamic Balance: Jumping and Landing  180° - half turn  Beam  Directions  Gravity  Lunge  Raising  Stance  Tuck  Turn  Vertical  Agility – Ball Chasing  Peripheral vision  Pivot  React  Coordination: Footwork  Alternative  Controlled  Smooth  Swerve  Static Balance Stance  Across body  Alternately  Partner  Racket  Coordination: Sending and Receiving  Communicate  Movement  Pass  Speed  Static Balance: Floor work  Back support  Contact  Control  Fluently  Posture  Rotating  Strain  Stretched  Coordination – Ball Skills  Front to back catches  Overhead throws  Soft hands  Static Balance: 1 leg  Base  Centre of gravity  Performance  Persevere  Stability  Vigorous  Agility: Reaction and Response  Challenge  Reverse pivot  **S**ound | **Y5** |
|  |  |  |  |  |  | Counter Balance: In Pairs  Communication  Facing  Position  Swap  Dynamic Balance  Base of support  Curved pathway  Lunge walk  Static Balance – Seated  360°  Losing balance  Uneven surface  Dynamic Balance: Jumping and Landing position  360° - full turn  Adjust  Centre  Spot  Agility – Ball Chasing  Challenge  Instep  Spot  Coordination: Footwork  Encouragement  Practice (noun)  Static Balance Stance  Either hand  Evolley  Gravity  Widen  Coordination: Sending and Receiving  Balls of feet  Focus  Timing  Static Balance: Floor work  1 foot in contact  Transferring  Coordination – Ball Skills  Combine  Long circles  Opposite  Static Balance: 1 leg  Counterbalance  Stretch  **Agility: Reaction and Response**  Contralateral  Enable  **F**ront leg across | **Y6** |

