



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
Nursey	Move freely	Share space	Copy	Move freely	Stop Start	Changes Feel
EYFS	Simple tasks	Play together	Simple instructions	Observe Copy	Travel Move	Changes Feel
Year 1	Follow instructions	Understand Work sensibly	Observe Describe Understand Follow	Explore Describe Movement	Skill Movement Control Link	Exercise Health
Year 2	Ask for appropriate help	Help Encourage Praise	Recognise Order Similarities Differences	Compare Develop Link	Range of skills Some control Sequence Direction	Equipment Safe
Year 3	Challenge Take control	Patience Support Listen	Attacking Defending Explain	Recognise Respond Rules Versions Similarities Differences	Control Perform Repeat Consistency	Changes Warm up Cool down
Year 4	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
Year 5	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
Year 6	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

