



Alverton Vocabulary Progression in Physical Education

| EYFS | KS1 Year 1 Year 2 | Lower KS2 Year 3 Year 4 | Upper KS2 Year 5 Year 6 |
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| <p>Accuracy –the ability to control where we throw/roll/send an object.</p> <p>Aiming- the ability to use our bodies to direct an object towards a target.</p> <p>Apparatus- refers to a piece of equipment that's used in gymnastics. For example, a bench, vault or balance beam</p> <p>Attacker- We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball.</p> <p>Beat- The beat is the basic unit of time used to count the notes of the music or sound that a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3, 4).</p> <p>Big- moving or balancing in ways where the body is extended as large as possible</p> <p>Bouncing- means using our hands to push the ball towards the floor.</p> <p>Catching- Catching means holding the object with our hands that is hit or thrown to us usually before it touches the ground.</p> <p>Champion Dancer- Champion dancers can move with control, respond to the rhythm and move in relation to the music.</p> <p>Champion Gymnast- Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.</p> <p>Change of Direction- to change the pathway that we are orienting in</p> <p>Control- means keeping the ball close to us, preventing the defenders from gaining possession.</p> | <p>Acceleration- is how quickly an athlete can increase their speed over a distance when running</p> <p>Accuracy- the ability to control where we throw/roll/send an object</p> <p>Agility- is the body's ability to move quickly and easily in different directions.</p> <p>Aiming- the ability to use our bodies to direct an object towards a target.</p> <p>Attacker- We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball.</p> <p>Balance- Balance is the even distribution of weight enabling someone or something to remain upright and steady.</p> <p>Batter- Batting is the skill of hitting a ball with a bat into a space to score runs.</p> <p>Beat- The beat is the basic unit of time used to count the notes of the music or sound that a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3, 4).</p> <p>Big-moving or balancing in ways where the body is extended as large as possible</p> <p>Catching- Catching means holding the object with our hands that is hit or thrown to us usually before it touches the ground.</p> <p>Character- refers to the person, animal, or fictional character that the pupil is portraying in their performance.</p> <p>Chest Pass- Chest Pass is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When using a chest pass, the passer should direct the ball towards the receiver's hands at chest level</p> | <p>1/2 Rounder- is the method applied by the defending team to stop the attacker from moving.</p> <p>Acceleration- is how quickly an athlete can increase their speed over a distance when running</p> <p>Accuracy- the ability to control where we throw/roll/send an object</p> <p>Aiming- the ability to use our bodies to direct an object towards a target.</p> <p>Aiming (Boccia)- the ability to use our bodies (or a ramp) to direct a ball towards a target (jack).</p> <p>Asymmetrical- when a balance or a movement does not match on either side.</p> <p>Attacker- We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball.</p> <p>Attacker (Boccia)- We are considered an 'attacker' when we send our ball with the purpose of attempting to get it closer to the target (Jack), than our opponents' ball.</p> <p>Backhand- A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball</p> <p>Ball Carrier- the ball carrier is defined as the attacker who is in possession of the ball.</p> <p>Barrier (Hockey)- When we receive a pass from a team member, we can lower our stick horizontal towards the ground making a barrier to control the ball.</p> <p>Base/Posts- There are four bases/posts that are used to mark out the pitch.</p> | <p>Accuracy- the ability to control where we throw/roll/send an object</p> <p>Adapt- is the ability to change or modify something depending on the situation. An individual or team may need to adapt their tactics to help them achieve their goal</p> <p>Advantage- is applied when an infringement occurs. Instead of stopping the game the referee can apply an 'advantage' to the non-offending if they have/gain possession and create an attack.</p> <p>Aiming- is the ability to use our bodies to direct a ball towards a target.</p> <p>Aiming (Boccia)- Aiming is the ability to use our bodies (or a ramp) to direct a ball towards a target (jack).</p> <p>Attack- The aim of the game for the attackers is to score a goal</p> <p>Attacker (Boccia)- We are considered an 'attacker' when we send our ball with the purpose of attempting to get it closer to the target (Jack), than our opponents' ball.</p> <p>Back/End line- the boundary line at the back of the court</p> <p>Backcourt Violation- a foul is called when the team in possession of the ball cross into the opposition's half of the court and then, pass or dribble the ball back into their half of the court.</p> <p>Backhand (Badminton)- A backhand is a shot in which you hit the shuttlecock with your arm across your body and the back of your hand facing the ball.</p> |



Alverton Vocabulary Progression in Physical Education

Control (Dance)- means moving our bodies in time with the music, beat or sound

Defender- We are considered a 'defender' when we are not in possession of the ball.

Distance- defined as the length of space between two points

Dribbling (feet)- Dribbling is a method of moving with the ball

Dribbling (rackets, balls)- Dribbling is a method of moving with the ball.

The attacker in possession of the ball uses their racket to push the ball around in order to move around the space

Expression- refers to the actions a dancer uses to make their characters thoughts or feelings known

Height- defined as the distance from the bottom to the top of something.

High- High means moving or balancing in ways where the body is high up away from the floor.

Hopping- is to continuously jump on one foot.

Jumping- is a form of moving where we use our body to propel ourselves off a surface and into the air.

Landing- is how we use our bodies to land after we have left a surface and jumped into the air.

Low- means moving or balancing in ways where the body is low to the floor.

Marching- Over refers to when the body is moving over the top of a piece of apparatus

Moving- means using a variety of body parts to move around the space in a creative way.

Opponent- means a player on the other team. If we are an attacker dribbling, we

Choreography- is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to perform.

Communication- is the method of transferring information from one person or a group to another. Types of communication include verbal, nonverbal, written and visual.

Control- refers to pupils being able to move their bodies.

Cooperation- is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible.

Coordination- the ability to use different parts of the body together efficiently.

Courage- means being brave enough to try something even when we find it scary or difficult.

Defender- We are considered a 'defender' when we are not in possession of the ball.

Distance- defined as the length of space between two points

Dodge- is a method of moving quickly by an attacker, from one side to the other to avoid being tagged by a defender.

Dribbling- a method of moving with the ball.

Emotion- refers to the feelings a dance character is feeling depending on their circumstances, mood, or relationship with others.

Expression- refers to the actions a dancer uses to make their characters thoughts or feelings known

Baseline- The baseline runs parallel to the net and defines the back of the court on each side.

Batting- the skill of hitting a ball with a bat into a space to score runs/points.

Block- is a tactic designed to limit an opponent's ability to score.

Block (Hockey)- occurs when an attacker takes a shot, and a defender uses their stick to prevent the ball from going towards the goal.

Bounce Pass- A bounce pass is a short pass that enables the player to find a teammate in a crowded area

Barrier (Cricket)- is the action of propelling the ball towards the wicket defended by a batter, with the intention of getting the batter out or preventing them from scoring runs.

Barrier (Rounders)- is the action of propelling the ball towards the batter, with the intention of getting the batter out or preventing them from scoring a rounder.

Bridge- is a structure that passes over a road, a river or other obstacle. In this unit we want to recreate the idea of a bridge using our bodies.

Catching- means receiving and holding the ball with our hands when the ball has been hit or thrown to us.

Change over- where two athletes from the same team pass a baton between one another while running as fast as possible.

Character- refers to the person, animal or fictional character that the pupil is portraying in their performance.

Chest pass- Chest Pass is thrown by gripping the ball on the sides with the thumbs

Backhand (Tennis)- A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.

Backstop (Rounders)- The backstop is a fielder who stands a safe distance behind the batting square, opposite the bowler ready to catch and stop the ball.

Batting/Bowling Square- The batting square is a marked-out area that the batter stands in when striking the ball.

Block- is a tactic designed to limit an opponent's ability to score.

Blocking- When in possession of a ball, a player can hold their ball and use it to deflect a ball that is thrown towards them to avoid being hit

Bounce Pass- bounce pass is a short pass that enables the player to find a teammate in a crowded area

Bowling- Bowling is the action of propelling the ball towards the wicket defended by a batter, with the intention of getting the batter out or preventing them from scoring runs

Bye (Cricket)- A bye is a run scored by the batting team when the ball is missed by the wicket keeper and has not been hit by the batter.

Canon- is where pupils perform the same movement one after the other.

Cardiovascular system- is responsible for transporting oxygen and nutrients around our bodies.

Centre Line- the line marked across the court at exactly halfway between the back lines. Players are eliminated if they cross the centre line.



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| <p>need to keep the ball away from the defender who is our opponent</p> <p>Opposite- Over refers to when something is totally different from or the reserve of something else.</p> <p>Over-Over refers to when the body is moving over the top of a piece of apparatus.</p> <p>Possession- is when we have physical control of the ball.</p> <p>Power-is the intensity and speed that an object is thrown/rolled/sent.</p> <p>Pushing- is a method of sending the ball using our hands.</p> <p>Rhythm- is a repeated pattern of movements or sounds.</p> <p>Rolling-Rolling is a method of sending the ball along the floor.</p> <p>Rules-Rules are a set of regulations or principles that govern a particular activity that ensure that the activity is played fairly and safely.</p> <p>Sequence-is a combination of controlled movements that have been added together in a particular order.</p> <p>Shapes-is another word for balancing. Pupils must hold a shape still.</p> <p>Sharing- ensure that a game is played fairly pupils should be encouraged to share and take turns.</p> <p>Small- means moving or balancing in ways where the body is made as small as possible.</p> <p>Space- pace is an open area on the pitch/court that is unoccupied by a defender or the defending team.</p> <p>Speed- the ability to move parts of the body as quickly or as slowly as possible.</p> <p>Stopping- is a fielding method used by a fielder to prevent the ball going past them.</p> | <p>Fairness-is when we make judgements in accordance with the rules and treat everyone equally and fairly.</p> <p>Fielder-s a defensive position that is occupied while the other team are batting.</p> <p>Flow (Dance)- is a defensive position that is occupied while the other team are batting.</p> <p>Flow (Gym)- is when a gymnast moves from one action to another without stopping.</p> <p>Hand-eye Coordination- is when a gymnast moves from one action to another without stopping.</p> <p>Hitting- means striking the ball with a racket towards a target or into space.</p> <p>Inclusion- means to include everyone in the activity or within a team no matter their ability. No one should be left out.</p> <p>Interesting- means pupils are thinking and being creative.</p> <p>Jump- method of moving where a gymnast pushes themselves off a surface and into the air creating a moment of flight.</p> <p>Jumping- is a form of moving where we use our body to propel ourselves off a surface and into the air.</p> <p>Landing- is how we use our bodies to land after we have left a surface and jumped into the air.</p> <p>Linking- means successfully adding two movements together so that they flow one after the other.</p> <p>Motif- is a series of movements that are repeated.</p> <p>Motivation- is described as the positive actions and behaviours an individual uses to help drive themselves, their partner or their team towards a goal.</p> | <p>directly behind the ball. When using a chest pass, the passer should direct the ball towards the receiver's hands at chest level.</p> <p>Choreography- is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer.</p> <p>Communication- is the method of transferring information from one person or a group to another. Types of communication include verbal, nonverbal, written and visual.</p> <p>Control- refers to pupils being able to move their bodies.</p> <p>Creativity- refers to pupils using their imagination or original ideas when performing their dance actions.</p> <p>Defenders- We are considered a 'defender' when we are not in possession of the ball.</p> <p>Defender (Boccia)- We are considered a 'defender' when sending our ball with the purpose of attempting to prevent (block) our opponent from getting their ball closest to the target (Jack).</p> <p>Distance- is defined as the length of space between two points</p> <p>Dodge- is a method of moving quickly from one side to the other to avoid being hit by a ball, being tagged or tackled.</p> <p>Drag Back- drag-back is a turn used in football.</p> <p>Dribbling- a method of moving with the ball.</p> <p>Ducking-is a method of defending to avoid being hit by a ball.</p> <p>Emotion- refers to the feelings a dance character is feeling depending on their</p> | <p>Change Over- A Change Over is where two athletes from the same team pass a baton between one another while running as fast as possible.</p> <p>Character- refers to the person, animal or fictional character that the pupil is portraying in their performance.</p> <p>Choreography- is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer.</p> <p>Circuit Training-</p> <p>Communication- is the method of transferring information from one person or a group to another. Types of communication include verbal, nonverbal, written and visual</p> <p>Compositional- means the ability to create a dance performance in relation to a poem or piece of music.</p> <p>Control point- is a marked waypoint used in orienteering. Control points are marked both on a map and on the ground</p> <p>Cooperation- is another word used to define teamwork, meaning to work together to achieve a goal or complete a task.</p> <p>Counter Attack- is a tactic employed by the team gaining possession who immediately attack after regaining the ball from defending the opponent's attack.</p> <p>Counter Balance- A counter balance is a pushing balance</p> <p>Counter Tension- A counter tension is a pulling balance</p> <p>Creativity- refers to pupils using their imagination or original ideas when performing their dance action.</p> |
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| <p>Tag/Tagging- is the method applied by the defending team to stop the attacker from moving.</p> <p>Tempo- refers to the speed or pace (fast or slow) that a dancer performer their movements.</p> <p>Throwing- using your arm/hand to propel a ball with force through the air to a specific target or area</p> <p>Timing- in dance, timing refers to moving to the beat of the music.</p> <p>Transition- means to move into and out of basic movements, actions or balances.</p> <p>Walking- is a method of moving at a regular pace by lifting and placing down each foot in turn, never having both feet off the ground at once.</p> | <p>Moving- means using a variety of body parts to move around the space in a creative way.</p> <p>Narrow- moving or balancing in ways where the body stretches (arms and legs) vertically away from the center of the body.</p> <p>Opponent- means a player on the other team. If we are an attacker dribbling, we need to keep the ball away from the defender who is our opponent.</p> <p>Opposite- Over refers to when something is totally different from or the reserve of something else.</p> <p>Passing- means using a variety of body parts to move around the space in a creative way.</p> <p>Possession— is when we have physical control of the ball.</p> <p>Power- is the intensity and speed that a ball is rolled, bounced, pushed, thrown, hit or sent.</p> <p>Rhythm- a repeated pattern of movements or sounds.</p> <p>Roll- is a method of moving where a gymnast completes rotation of their body on the ground.</p> <p>Rolling- Rolling is a method of sending the ball along the floor</p> <p>Rules- Rules are a set of regulations or principles that govern a particular activity that ensure that the activity is played fairly and safely.</p> <p>Sequence (Dance)- is a combination of controlled movements that have been added together in a particular order.</p> <p>Sequence (Gym)- is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.</p> | <p>circumstances, mood, or relationship with others.</p> <p>End- is a passage of play that features six balls per pupils, pair or team.</p> <p>Excellent Dancers- Excellent dancers interpret the music, perform with good timing and musicality, show expression and creativity and can choreograph.</p> <p>Excellent Gymnastics- ‘Excellent’ refers to when pupils are being silent, extending their fingers and toes and when they make a shape/ balance are able to hold it still for at least four seconds.</p> <p>Expression-refers to the actions a dancer uses to make their characters thoughts or feelings known</p> <p>Extension- Extension is when pupils are pointing (extending) their fingers and toes when moving or holding a balance.</p> <p>Flow- is when a gymnast moves from one action to another without stopping.</p> <p>Footwork- A player can receive the ball with both feet grounded or jump to catch the ball and land on two feet simultaneously. The landing foot cannot be moved, other than to pivot on the spot, whilst the other foot can be moved in any direction.</p> <p>Forehand- A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.</p> <p>Forward Pass- The ball can only be passed sideways or backwards.</p> <p>Free Hit- A free hit is awarded when a foul occurs or the ball hits a players foot.</p> | <p>Defender- We are considered a ‘defender’ when we are not in possession of the ball.</p> <p>Defender (Boccia)- We are considered a ‘defender’ when sending our ball with the purpose of attempting to prevent (block) our opponent from getting their ball closest to the target (Jack).</p> <p>Distance- is defined as the length of space between two points</p> <p>Dodge- is a method of moving quickly from one side to the other to avoid being hit by a ball, being tagged or tackled.</p> <p>Double Dribble- a double dribble occurs when the attacker in possession dribbles the ball with two hands simultaneously or begins to dribble again after stopping.</p> <p>Doubles- is a match played by four players, two on either side of the court.</p> <p>Eliminated (Dodgeball)-is when a pupil is out of the game and waits on the side to re-enter.</p> <p>Emotion- refers to the feelings a dance character is feeling depending on their circumstances, mood, or relationship with others.</p> <p>End (Boccia)- is a passage of play that features six balls per pupils, pair or team.</p> <p>Equipment (STEP)- he necessary items that are used to play a game or activity.</p> <p>Evaluation- is how an athlete can review their own or teams’ performance.</p> <p>Excellent Dancers- Excellent dancers interpret the music, perform with good timing and musicality, show expression and creativity and are able to choreograph.</p> |
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| | <p>Skipping- is a combination of a long step and a hop, stepping from one foot to the other with a hop or bounce.</p> <p>Small- means moving or balancing in ways where the body is made as small.</p> <p>Space- is an open area on the pitch/court that is unoccupied by a defender or the defending team.</p> <p>Speed- is the ability to move all or part of the body as quickly as possible.</p> <p>Stimulus- is something that provokes or causes an action or response.</p> <p>Strategy- is a planned set of actions that are used by a team or individual to achieve a long term goal.</p> <p>Tactics- are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.</p> <p>Team- means a group of players from one side who come together to try and achieve a common goal.</p> <p>Team Member- is an individual within a team who has a specific role and responsibility to perform.</p> <p>Teamwork- is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.</p> <p>Tempo- refers to the speed or pace (fast or slow) that a dancer performer their movements.</p> <p>Throwing- means using your arm/hand to propel a ball with force through the air to a specific target or area.</p> <p>Timing- defined as the process of recognising and responding after losing or regaining possession.</p> <p>Transition (Games)- defined as the process of recognising and responding after losing or regaining possession.</p> | <p>Free Kick- A free kick is a method of restarting the game in football, following an offence committed by the opposing side outside of the penalty area.</p> <p>Free pass- a free pass/throw is awarded when a foul or violation happens.</p> <p>Goalkeeper- The role of the goalkeeper in football is to stop the ball from entering the goal.</p> <p>Intercepting- Intercepting is when a defender cuts off and prevents a pass from reaching the receiver</p> <p>Interesting- means pupils are thinking and being creative.</p> <p>Jack (Boccia)- Jack is the target ball used in Boccia (usually a white ball) that pupils try to aim and land their balls as close as possible.</p> <p>Levels- his refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.</p> <p>Linking- means successfully adding two movements together so that they flow one after the other.</p> <p>Listening- Listening is the ability to accurately receive and interpret messages from our team in the communication process.</p> <p>Map- map is a piece of paper that shows a representation of an area of land that uses symbols or signs to represent the various physical features</p> <p>Marking- is when the attacking player has received the ball and you are</p> | <p>Excellent gymnasts- Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/ balance are able to hold it still for at least four seconds.</p> <p>Expression- refers to the actions a dancer uses to make their characters thoughts or feelings known</p> <p>False Start- is where an athlete begins a running race before they are permitted to do so.</p> <p>Fitness- is a state of health and well-being that means you are able to take part in all your normal daily activities, including sport, with ease.</p> <p>Fitness Test- will evaluate your overall health and physical status. The test marks the starting point for designing an appropriate exercise program.</p> <p>Flexibility- is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.</p> <p>Flow (Gymnastics)- is when a gymnast moves from one action to another without stopping.</p> <p>Forehand- is a shot in which the palm of your hand faces the direction in which you are hitting the ball</p> <p>Formation- describes how the attackers and defenders position themselves on the pitch.</p> <p>Four Runs- The batter scores four runs if the ball crosses the boundary having touched the ground within the playing area first.</p> <p>Free Hit- A free hit is awarded when a foul occurs or the ball hits a players foot.</p> <p>Goal Side- is a defensive tactic used when a defender marks an opponent</p> |
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| | <p>Transition- means to move into and out of basic movements, actions, or balances.</p> <p>Trust-is the ability to have the confidence to believe in the actions of your partner or team.</p> <p>Unison- is where pupils perform the same movement at exactly the same time as each other.</p> <p>Warm up- means a line or course having abrupt alternate right and left turns that a pupil follows as they create Movements.</p> <p>Wide- means a line or course having abrupt alternate right and left turns that a pupil follows as they create Movements.</p> <p>Zig-Zag- means a line or course having abrupt alternate right and left turns that a pupil follows as they create Movements.</p> | <p>making it difficult for them to pass the ball on by restricting their options.</p> <p>Motif- is a series of movement that are repeated.</p> <p>Navigate- means to find a way through a planned course often by using a map.</p> <p>Non-Verbal communication- is a method of sending messages or signals without speaking. This includes actions such as making eye contact, using hand gestures or changing a body language or posture to communicate.</p> <p>Offside (tag rugby) - Offside occurs when a tag takes place. All players on the defending team, must step back towards their goal line. A defender must not intercept that first pass, unless they are in front of the attacker who was tagged. If a defender behind the tagged attacker incepts the first pass, this is known as offside.</p> <p>Orienteering - is a sport that requires navigational skills using a map and/or a compass to navigate from various points.</p> <p>Out (Cricket and Rounders)- is a form of dismissal which occurs when the batters period of batting is brought to an end by the opposing team</p> <p>Out (Tennis)- Linking means successfully adding two movements together so that they flow one after the other.</p> <p>Out of Bounds- Is the area outside of the course that is prohibited for pupils to enter. The area that is 'out of bounds' should be clearly marked out and identifiable on a map.</p> | <p>High Press- is a tactic applied by the defending team that defends high up the court and inside the opposition's half in an attempt to regain possession quickly</p> <p>Improvisation- means the ability to perform a dance sequence or movement to a particular piece of music or drama, spontaneously or without preparation</p> <p>Interconnecting- means the ability to perform a dance sequence or movement to a particular piece of music or drama, spontaneously or without preparation.</p> <p>Interesting- means pupils are thinking and being creative.</p> <p>Jack (Boccia)- Jack is the target ball used in Boccia (usually a white ball) that pupils try to aim and land their balls as close as</p> <p>Knock on (Tag Rugby)- an offence committed by the attacking team when the ball carrier or an attacker receiving a pass 'drops' the ball forwards towards their opponents try line.</p> <p>Lap- is one full completed circuit of a track in a running race.</p> <p>Leadership- is the ability to guide members of your team towards achieving your goal.</p> <p>Leg Bye-A leg bye is a run scored by the batting team when the ball hits the batters leg or body and not their bat.</p> <p>Levels- his refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus</p> <p>Listening- Listening is the ability to accurately receive and interpret messages from our team in the communication process.</p> |
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| | | <p>Outwit means using your intelligence to trick or out smart your opponent or the other team.</p> <p>Pace- is used to measure an athlete's speed. It is the amount of time it takes an athlete to cover a specific distance. It is important for long distance runners to pace themselves, if they go too fast too early, they will finish the race slower.</p> <p>Penalty- A penalty kick is a method of restarting the game following an offence committed by the opposing side inside the penalty area.</p> <p>Pivot- is used to allow the attacker in possession of the ball the opportunity to change direction without committing an offence. One foot must remain on the ground known as the pivot foot. The attacker can step with their other foot, using their pivot foot to change direction.</p> <p>Possession- is when we have physical control of the ball. This could be as an individual or when working as part of a team. It is when we have 'possession' that we can create the opportunity to score.</p> <p>Power- is the intensity and speed that an object is thrown towards or how an athlete uses their body to increase the distance they jump.</p> <p>Problem solving- means the ability to find a solution to overcome a challenge. An individual or a team needs to create then apply a strategy and tactics to solve a problem and achieve their goal.</p> <p>Rally- is a series of returned hits of the ball that ends when either player fails to successfully return the ball</p> | <p>Loop Pass- is a pass used in tag rugby where the ball carrier runs in a straight line and after making a normal pass to a supporting player, then runs behind the supporting player to receive a pass from them.</p> <p>Man to man Marking- is a defensive tactic used where each player is assigned to defend and follow the movements of a particular player on the opposite team</p> <p>Marking- is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options.</p> <p>Matching- is where pupils perform exactly the same movements at the same time</p> <p>Mirroring- is where pupils perform their movements creating a mirror image of each other</p> <p>Miss Pass- is a pass used in tag rugby where the attacker receiving the ball, receives a pass from the ball carrier that has missed out another attacker</p> <p>Motif- is a series of movement that are repeated.</p> <p>Motivation- refers to the positive actions and behaviours an individual uses to help drive themselves, their partner or their team towards a goal.</p> <p>No Ball (Cricket)- A no ball is an unfair delivery bowled by the bowler that is either; dangerous, the ball is bowled above waist height or the ball bounces more than once when it is bowled.</p> <p>Offside (Tag Rugby)- Offside occurs when a tag takes place. All players on the defending</p> |
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| | | <p>Ramp (Boccia)- is an assistive device that pupils can use if they are unable to roll, throw or kick their balls</p> <p>Relay- is a running race where members of a team take turns to complete parts of the race</p> <p>Responsibility- is when you take ownership for the things that you are supposed to do and accept the results or consequences of your actions</p> <p>Retrieving- means returning the ball as quickly as possible to a bowler, fielder or wicketkeeper/backstop preventing the batters from scoring runs/points.</p> <p>Rhythm- a repeated pattern of movements or sounds.</p> <p>Rolling- is a method of sending the ball along the floor. A ball can be rolled using our hands or a ramp towards a target.</p> <p>Rounder- the method of scoring used in rounders. If the batter successfully runs around the outside of the bases and reaches the 4th base before the ball, the batting team scores one rounder.</p> <p>Route- A route is a particular course taken when moving from point A to point B.</p> <p>Shooting- Shooting is when we throw/kick/hit the ball towards the goal in an attempt to score</p> <p>Shoulder Pass- Shoulder Pass is the most commonly used pass in handball. The shoulder pass is a onehanded pass that can be used to cover long and short distances.</p> | <p>team, must step back towards their goal line. A defender must not intercept that first pass, unless they are in front of the attacker who was tagged. If a defender behind the tagged attacker intercepts the first pass, this is known as offside.</p> <p>Orienteering- is a sport that requires navigational skills using a map and/or a compass to navigate from various points.</p> <p>Out- is a form of dismissal which occurs when the batters period of batting is brought to an end by the opposing team</p> <p>Outfielder-</p> <p>Outwit- means using your intelligence to trick or out smart your opponent or the other team.</p> <p>Over- An over consists of six consecutive legal deliveries (wide balls and no-balls do not count) bowled from one end by a bowler</p> <p>People- refers to the pupils taking part in an activity or game</p> <p>Personal Best- is an individual or team's best performance in a given event</p> <p>Possession- is when we have physical control of the ball. This could be as an individual or when working as part of a team. It is when we have 'possession' that we can create the opportunity to score.</p> <p>Power- is the intensity and speed that an object is thrown towards or how an athlete uses their body to increase the distance they jump</p> <p>Pressure- is the term used to immediately try to gain possession of the ball back.</p> |
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Alverton Vocabulary Progression in Physical Education

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| | | <p>Space- is an open area on the pitch/court that is unoccupied by a defender or the defending team.</p> <p>Speed- is the ability to move all or part of the body as quickly as possible.</p> <p>Stage Presence- is the ability of a dancer to capture and command the attention of an audience's attention</p> <p>Strategy- is a planned set of actions that are used by a team or individual to achieve a long term goal. We plan a strategy and then use specific tactics to help us achieve our goal</p> <p>Stride Pattern- is the distance covered when an athlete takes a step. An athlete's stride pattern will differ depending on the distance that athlete is running.</p> <p>Strike- means hitting the ball with a bat with the purpose of scoring runs/points.</p> <p>Symbol- Symbols are small images marked on a map that have been designed to look like what it represents</p> <p>Symmetrical- Symmetry occurs when a balance or a movement is identical on either side</p> <p>Tackling (Hockey)- tackling is method of defending in hockey. It involves a defender using their stick to knock the ball out of the possession of an attacker</p> <p>Tactics- are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.</p> <p>Tagging- is the method applied by the defender teaming to stop the ball carrier running with the ball.</p> | <p>Ramp (Boccia)- is an assistive device that pupils can use if they are unable to roll, throw or kick their balls</p> <p>Rebound- occurs when an attacking player has a shot, misses and the ball hits the backboard or hoop</p> <p>Recover- means returning to a position on the court, usually in the middle of the court on the baseline, ready to receive a shot from your opponent</p> <p>Referee- is an official who watches the game and enforces the rules.</p> <p>Responsibility- is when you take ownership for the things that you are supposed to do and accept the results or consequences of your actions</p> <p>Retrievers- s are designated players that are allowed to retrieve balls that go out of play.</p> <p>Return- means successfully hitting a shuttlecock back over the net, landing it in, on your opponent's side of the court.</p> <p>Rhythm- a repeated pattern of movements or sounds.</p> <p>Rolling- is a method of sending the ball along the floor. A ball can be rolled using our hands or a ramp towards a target.</p> <p>Run Out (Cricket)- A run out occurs when a batter running to a base fails to reach that particular base before the ball and is stumped or a batter overtakes another batter when running around the bases.</p> <p>Scale- of a map is the ratio of a distance on the map to the corresponding distance on the ground.</p> <p>Serve- is the method of starting a game of tennis.</p> |
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Alverton Vocabulary Progression in Physical Education

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| | | <p>Teamwork- is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.</p> <p>The Long Barrier- The Long Barrier is a fielding method used by a fielder to prevent the ball going past them. This involves the fielder stopping the ball with their hands, but positioning their body in line with the ball just in case they miss the ball with their hands.</p> <p>Throwing- means using your arm/hand to propel a ball with force through the air to a specific target or area.</p> <p>Timing- defined as the process of recognising and responding after losing or regaining possession.</p> <p>Transition- means to move into and out of basic movements, actions or balances</p> <p>Triple Threat- involves the attacking player in possession of the ball asking themselves; can I shoot, if not can I pass, if not can I dribble before making and applying a skill.</p> <p>Trust- is the ability to have the confidence to believe in the actions of your partner or team.</p> <p>Try- A try is a method of scoring points in rugby.</p> <p>Turning- is used to describe the change of direction of the player who is in possession of the ball.</p> <p>Verbal Communication- a method of communicating using our voice.</p> | <p>Shadowing- is when the defending player keeps their eyes on the ball and mirrors the attackers' movements.</p> <p>Shoulder Pass- is a one-handed pass that can be used to cover long and short distances.</p> <p>Space- - is an open area on the pitch/court that is unoccupied by a defender or the defending team.</p> <p>Speed- is the ability to move all or part of the body as quickly as possible</p> <p>Stage Presence- is the ability of a dancer to capture and command the attention of an audience's attention</p> <p>Strategy- is a planned set of actions that are used by a team or individual to achieve a long-term goal. We plan a strategy and then use specific tactics to help us achieve our goal.</p> <p>Strength- is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.</p> <p>Support- means to help and encourage other members of your team.</p> <p>Tackle- is a method of defending in football.</p> <p>Tactics- are a carefully planned set of actions that are used by a team or an individual to attain a certain goal</p> <p>Task- the type of game or activity that pupils are taking part in.</p> <p>Team Member-</p> <p>Through Ball- is a pass made to create a shooting opportunity</p> <p>Timing- defined as the process of recognising and responding after losing or regaining possession.</p> <p>Transition- means to move into and out of basic movements, actions, or balances</p> |
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Alverton Vocabulary Progression in Physical Education

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| | | | <p>Tracking Back- is a term used when a player loses possession of the ball and then follows back an opponent and tries to tackle them, or to stop them from getting the ball.</p> <p>Travelling-is a violation of a rule in basketball that occurs when the attacker in possession of the ball moves both feet without dribbling.</p> <p>Umpire-is an official who watches the game or match closely enforcing the rules and who is responsible for making sure that the game is played fairly.</p> <p>Unison- is where pupils perform the same movement at the same time as each other.</p> <p>Volley- Volley is a shot hit by a player before the ball bounces on their own side of the court.</p> <p>Wicket Keeper- is a fielder who stands behind the stumps opposite the bowler ready to catch and stop the ball.</p> <p>Wide- wide ball is a delivery bowled by the bowler that the batter is unable to reach or hit.</p> <p>Zonal Marking- is a defensive tactic used where each player marks the space closest to them, marking whichever attacker enters their space.</p> |
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