**Cycle A – 2022 onwards - (beginning on even academic years)**

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| **Reception** | **Year 1 & 2** | **Year 3 & 4** | **Year 5 & 6** |
| **Dance**  Vocabulary for learning:   * champion dancer, beat, moving, control, rhythm   Sports specific vocabulary:   * timing, sequence, opposite, expression, tempo   **Gymnastics**  Vocabulary for learning:   * champion gymnastics, shapes, high, low, over, under, big, small   Sports specific vocabulary:   * apparatus, transition   **Locomotion: Walking and Jumping**  Vocabulary for learning:   * defender, change of direction, space, speed, jumping, distance, height, space   Sports specific vocabulary:   * walking, marching, tag, hopping, speed, landing   **Ball Skills: Hands and Feet**  Vocabulary for learning:   * attacker, defender, space, opponent, control, accuracy, aiming, distance, power   Sports specific vocabulary:   * dribbling, control, throwing, catching, rolling, stopping, bouncing, pushing   **Games for Understanding**  Vocabulary for learning:   * attacker, defender, space   Sports specific vocabulary:   * rules, tagging, tag, sharing | **Dance**  Vocabulary for learning:   * champion dancer, control, rhythm, expression, emotion, moving,   Sports specific vocabulary:   * choreography, unison, motif, sequence, expression   **Gymnastics**  Vocabulary for learning:   * champion gymnastics, wide, narrow, curled, linking, flow, transition   Sports specific vocabulary:   * transition, linking, interesting, zig zag, curved, sequence   **Locomotion: Jumping and Dodging**  Vocabulary for learning:   * attacker, defender, space, jumping, distance, space, attacker, defender   Sports specific vocabulary:   * dodge, tagging, speed, landing   **Ball Skills: Hands and Feet**  Vocabulary for learning:   * attacker, defender, space, possession, control   Sports specific vocabulary:   * dribbling, passing, control, accuracy, power   **Health and Wellbeing**  Vocabulary for learning:   * attacker, defender, agility, balance, coordination   Sports specific vocabulary:   * hand-eye coordination, throwing, aiming   **Team Building**  Vocabulary for learning:   * teamwork, inclusion, communication, cooperation, strategy   Sports specific vocabulary:   * courage, motivation   **Games for Understanding**  Vocabulary for learning:   * attacker, defender, space   Sports specific vocabulary:   * rules, tactics, team | **Dance**  Vocabulary for learning:   * excellent dancers, expression, creativity, emotion   Sports specific vocabulary:   * motif, choreography, character   **Gymnastics**  Vocabulary for learning:   * excellent gymnastics, linking, flow, interesting, extension   Sports specific vocabulary:   * symmetrical, asymmetrical   **Outdoor Adventure Activities: Tactics and Communication**  Vocabulary for learning:   * communication, tactics, teamwork, strategy   Sports specific vocabulary:   * attacker, defender, tag   **Health and Wellbeing**  Vocabulary for learning:   * emotions, relaxed, anxious, balanced   Sports specific vocabulary:   * relaxation technique, meditative balances, deep breathing   **Invasion Games**  Vocabulary for learning:   * attacker, defender, possession, dodge, space, dribbling   Sports specific vocabulary:   * try, tagging, ball carrier, intercepting, shooting, barrier, chest pass, footwork, triple threat, free kick, penalty   **Net and Wall**  Vocabulary for learning:   * outwit, space, return, recover   Sports specific vocabulary:   * baseline, forehand, rally, out   **Striking and Fielding**  Vocabulary for learning:   * throwing, catching, outwit, strike   Sports specific vocabulary:   * batting, fielder, out   **Athletics**  Vocabulary for learning:   * tactics, speed, acceleration, distance, accuracy   Sports specific vocabulary:   * relay, change over | **Dance**  Vocabulary for learning:   * excellent dancers, expression, creativity, emotion   Sports specific vocabulary:   * stimulus, choreography, rhythm     **Gymnastics**  Vocabulary for learning:   * excellent gymnastics, flow, interesting, levels   Sports specific vocabulary:   * counter balance, counter tension, unison, canon   **Outdoor Adventure Activities: Orienteering**  Vocabulary for learning:   * navigate, teamwork, strategy, tactics     Sports specific vocabulary:   * leadership, responsibility, cooperation   **Health and Wellbeing**  Vocabulary for learning:   * cardiovascular system, strength, flexibility, fitness   Sports specific vocabulary:   * circuits, fitness assessment   **Invasion Games**  Vocabulary for learning:   * tactics, transition, marking, rebound, attack, counter attack   Sports specific vocabulary:   * traveling, double dribble, man-to-man marking, goal side   **Net and Wall**  Vocabulary for learning:   * outwit, space, return, recover   Sports specific vocabulary:   * forehand, backhand, serve   **Striking and Fielding**  Vocabulary for learning:   * tactics, fielder, bowling   Sports specific vocabulary:   * batting and bowling square, no ball, out   **Athletics**  Vocabulary for learning:   * tactics, speed, distance, evaluation   Sports specific vocabulary:   * change over, personal best, lap   **Swimming**  Vocabulary for learning:   * float, rotation, glide, push, tuck, rescue, kick, jump, travel and coordination.   Sports specific vocabulary:   * submerge, tread water, front crawl, backstroke, self-rescue |

**Cycle B – 2023 onwards - (beginning on odd academic years)**

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| **Reception** | **Year 1 & 2** | **Year 3 & 4** | **Year 5 & 6** |
| **Dance**  Vocabulary for learning:   * champion dancer, beat, moving, control, rhythm   Sports specific vocabulary:   * timing, sequence, opposite, expression, tempo   **Gymnastics**  Vocabulary for learning:   * champion gymnastics, shapes, high, low, over, under, big, small   Sports specific vocabulary:   * apparatus, transition   **Locomotion: Walking and Jumping**  Vocabulary for learning:   * defender, change of direction, space, speed, jumping, distance, height, space   Sports specific vocabulary:   * walking, marching, tag, hopping, speed, landing   **Ball Skills: Hands and Feet**  Vocabulary for learning:   * attacker, defender, space, opponent, control, accuracy, aiming, distance, power   Sports specific vocabulary:   * dribbling, control, throwing, catching, rolling, stopping, bouncing, pushing   **Games for Understanding**  Vocabulary for learning:   * attacker, defender, space   Sports specific vocabulary:   * rules, tagging, tag, sharing | **Dance**  Vocabulary for learning:   * champion dancers, beat, moving, control, rhythm, emotion   Sports specific vocabulary:   * Sequence, motif, expression, choreography, unison, motif   **Gymnastics**  Vocabulary for learning:   * Champion gymnastics, wide, narrow, curled, big, flow, transition   Sports specific vocabulary:   * Interesting, linking, jump, roll, sequence   **Locomotion: Jumping and Running**  Vocabulary for learning:   * Jumping, distance, space, attacker, defender   Sports specific vocabulary:   * skipping, landing, speed, acceleration, tagging   **Ball Skills: Hands and Feet**  Vocabulary for learning:   * attacker, defender, possession, space, opponent, team, control   Sports specific vocabulary:   * dribbling, accuracy, hitting, power, chest pass, passing   **Health and Wellbeing**  Vocabulary for learning:   * attacker, defender, agility, balance, coordination   Sports specific vocabulary:   * dribbling, warm up   **Team Building**  Vocabulary for learning:   * teamwork, inclusion, communication, cooperation, trust   Sports specific vocabulary:   * team member, fairness   **Games for Understanding**  Vocabulary for learning:   * attacker, defender, space   Sports specific vocabulary:   * tactics, transition, team | **Dance**  Vocabulary for learning:   * excellent dancers, expression, creativity, emotion   Sports specific vocabulary:   * motif, interconnecting, character   **Gymnastics**  Vocabulary for learning:   * excellent gymnastics, extension, control, interesting   Sports specific vocabulary:   * bridge, levels, flow   **Outdoor Adventure Activities: Problem Solving**  Vocabulary for learning:   * communication, tactics, teamwork, strategy   Sports specific vocabulary:   * Non-verbal communication, verbal communication   **Health and Wellbeing**  Vocabulary for learning:   * emotions, mindfulness, relaxed, expression     Sports specific vocabulary:   * relaxation technique, meditative balance, deep breathing, mime   **Invasion Games**  Vocabulary for learning:   * attacker, defender, possession, space, transition, turning, marking, dribbling   Sports specific vocabulary:   * chest pass, footwork, offside, forward pass, drag back, goal keeper, bounce pass, pivot, tackling, blocking, free hit   **Net and Wall**  Vocabulary for learning:   * outwit, space, accuracy, power   Sports specific vocabulary:   * baseline, forehand, backhand, rally, out   **Striking and Fielding**  Vocabulary for learning:   * retrieving, bowling, strike   Sports specific vocabulary:   * batting, fielder, the long barrier   **Athletics**  Vocabulary for learning:   * tactics, speed, distance, pace, power   Sports specific vocabulary:   * stride pattern | **Dance**  Vocabulary for learning:   * excellent dancers, expression, creativity, emotion   Sports specific vocabulary:   * motif, compositional, improvisation   **Gymnastics**  Vocabulary for learning:   * excellent gymnastics, flow, levels   Sports specific vocabulary:   * matching, mirroring, unison, canon   **Outdoor Adventure Activities: Leadership**  Vocabulary for learning:   * communication, leadership, cooperation, responsibility   Sports specific vocabulary:   * space, task, equipment, people   **Health and Wellbeing**  Vocabulary for learning:   * cardiovascular system, strength, flexibility, fitness   Sports specific vocabulary:   * circuits, fitness assessment   **Invasion Games**  Vocabulary for learning:   * tactics, attack, defending, counter attack, transition, high press   Sports specific vocabulary:   * free hit, backcourt violation, man-to-man marking:   **Net and Wall**  Vocabulary for learning:   * tactics, outwit, space   Sports specific vocabulary:   * lob, drop, clear   **Striking and Fielding**  Vocabulary for learning:   * tactics, fielder, bowling   Sports specific vocabulary:   * run out, outfielder, umpire   **Athletics**  Vocabulary for learning:   * tactics, teamwork, speed, distance, evaluation   Sports specific vocabulary:   * false start, events   **Swimming**  Vocabulary for learning:   * float, rotation, glide, push, tuck, rescue, kick, jump, travel and coordination.   Sports specific vocabulary:  submerge, tread water, front crawl, backstroke, self-rescue |