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

|  |  |  |  |
| --- | --- | --- | --- |
| **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
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**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 |