

PE (Physical Education) Vocabulary for Key Stage 2 Children

Gymnastics	Athletics	Games	Swimming	Dance	Outdoor Adventurous Activities (OAA)
safety	safety	safety	safety	safety	safety
warm up/cool down	warm up/cool down	warm up/cool down	warm up/cool down	warm up/cool down	warm up/cool down
personal best	personal best	personal best	personal best	personal best	personal best
jumping	running	throwing	strokes	perform	problem solving
balance	jumping	catching	front crawl	patterns	map work
agility	throwing	team games	back stroke	steps	orientteering
co-ordination	speed	tactics	breast stroke	stimulus	
perform	direction	attacking	butterfly	control	
equipment	control	defending	water safety	sequence	
link	co-ordination	hand-eye co-ordination	self-rescue	direction	
pathways	equipment	rules	treading water	levels	
patterns	technique	skills		space	
sequence	relay	communication		improvise	
turning	baton	co-ordination		partner	
flexibility	accuracy	control		motif	
travelling	shot put	equipment		dynamics	
strength	javelin	competition		rhythm	
control	sprinting	ball skills - dribble, bounce, kick		expression	
composition	cross country	fluency		fluency	
strength		possession		flexibility	
floor work		marking		techniques	
apparatus					
Healthy lifestyles vocabulary: exercise, heart-beat, heart, heathy eating, warm up, cool down					

