



OJS Key Vocabulary for PE



PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

Oatlands Infant School

Oatlands infant school use RealPE for their curriculum, lesson planning and delivery.

The 6 key cogs that RealPE use and are key vocabulary:

- Creative
- Cognitive
- Physical
- Health and Fitness
- Physical Social
- Personal

More key vocabulary learned using RealPE at the Infant School:

- Agility
- Balance
- Co-ordination
- Competition
- Co-operative learning
- Running
- Jumping
- Throwing
- Catching
- Team games
- Tactics

Year 3

Games	Gymnastics / Dance	Athletics
Pass/receive Dribbling Intercepting Attacking Batting Fielding Forehand Backhand Volley Rally	Shapes Point Patch Travelling Tension Extension Balance Choreograph Rhythm Beat	Running Sprinting Relay Speed Pacing Hurdles Jumping Landing Throwing Personal best

Year 4

Games	Gymnastics	Athletics	Health Related Fitness
Defending Tackling Attacking Shooting Possession Bowler Backstop Overhead Underarm Serve	Matching Mirroring Jumping Turning Rolling Flexibility Sequence Perform Evaluate Apparatus	Technique Long distance Stamina Short distance Drive Power Aim Height Leading leg Push / pull	Healthy Active Lifestyle Fitness Stamina Strength Speed Power Balance Cores strength Heart rate Warm up



OJS Key Vocabulary for PE



PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

Year 5

Games	Gymnastics / Dance	Athletics
Stick tackle Back stick Contact Replay Footwork Free pass Tactics Umpire/referee Wickets Innings	Grips Paired balances Quality Choreographic devices Canon Unison Levels Space Dynamics Motifs	Record Measure Time Shot put Javelin Stance Baton Races False start Personal best

Year 6

Games	Gymnastics	Athletics	Health Related Fitness
Positions Obstruction Handball Throw in Sideline Backline Making space Bases No ball Backwards hit	Inversion Rotation Core strength Starting position Finishing position	Endurance Accelerate Short distance 60m sprint Stride length Trajectory 45-degree release Run up Stance	Circuits Stations Interval training Continuous training Cool down Oxygenated blood Pulse Hypertrophy Protein Recovery