allangels' primaryfederation
Clover Hill V.A. Infant & Nursery School
& St. Michael's V.A. Junior School,
Bowthorpe, Norwich

Physical Education
Whole School Vocabulary Map

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Nursery	**Real Foundations** **Cat** challenge, achieve, mindset, balance	**Real Foundations** **Tightrope** challenge, achieve, mindset, stance, heels	**Real Foundations** **Pirate** challenge, achieve, mindset, balance	**Real Foundations** **Fairy tale** challenge, achieve, mindset, catch, bounce	**Real Foundations** **Train** **Squirrel** challenge, achieve, mindset, forwards, backwards, wobble, roll, chase	**Real Foundations** **Space** challenge, achieve, mindset, jump, turn, direction, side to side
Year R	**Focus on ELGs** **Managing Self / Gross Motor Skills** **Review Real Foundation Vocabulary:** challenge, achieve, mindset, balance, catch, bounce, forwards, backwards, wobble, chase, roll, jump, turn, direction, side to side	**Focus on ELGs** **Managing Self / Gross Motor Skills** **Review Real Foundation Vocabulary:** challenge, achieve, mindset, balance, catch, bounce, forwards, backwards, wobble, chase, roll, jump, turn, direction, side to side	**Core Real PE Unit 1 Personal** **Footwork / One Leg Balance** task, safely, gallop, side step, hop, skip, control, directions, sidestep, back, muscles, straight, still, wobble	**Real Gym Unit 1 Physical** **Shape / Travel** shape, tuck, star, straight, pike, straddle, bend, apparatus, on top, under, behind, beside, travel, march, slide, obstacles, over, on to, climb, on and off, around	**Real Dance Unit 1 Cognitive** **Shapes / Partnering / Artistry / Circles** shape, balance, control, standing shapes, floor shapes, still, partner, 'Kind touch', music, beat, change, perform, circles, horizontal, vertical, turn, jump, direction	**Core Real PE Unit 4 Creative** **Ball Skills / Counter Balance** copy, explore, sit, along, rock, lean in
Year 1	**Core Real PE Unit 1 Personal** **Footwork / One Leg Balance** instructions, practise, fluency, half turn, combine, pivot, front, reverse, challenging, core muscles, tight, squat	**Real Dance Unit 1 Cognitive** **Shapes / Artistry / Partnering / Circles** shape, balance, control, bend, absorb, sequence, respond, beat, demonstrate, opposite, individually, diverse, range, perform, partner, contact, maintain, balls of the feet, muscles, absorb impact, silk, abstract, watch, rearrange, variety, circles, silk moves	**Core Real PE Unit 2 Social** **Jumping and Landing / Seated Balance** sensibly, take turns, landing, swing, freeze, quarter, position, swap, cone, return	**Real GYM Unit 1 Creative** **Shape / Travel** accurate, stretched, perform, sequence, squeezed tight, supported, in contact, hanging, extend, grip, tiptoes, balls of feet, movement pattern, opposite arm and leg, smooth, continuously, sloped, observe, describe	**Core Real PE Unit 5 Physical** **Sending and Receiving / Reaction and Response** single, range, backswing, ready position, follow through, steady, dropped	**Core Real PE Unit 6 Health and Fitness** **Ball Chasing / Floorwork** changes, health, balanced, quickly, in line, shoulders, hips
Year 2	**Core Real PE Unit 3 Cognitive** **Dynamic Balance / Stance Static Balance** recognise, order, lifting, 90 degrees, low beam, apart	**Real Dance Unit 1 Creative / Social** **Shapes / Partnering / Artistry / Circles** core strength, balance, control, travelling, jumping, turning, diverse, creative, 'Kind touch', contact, communicate, muscles, tight, balls of feet, absorb impact, demonstrate, softly, sequence, abstract, watch, transitioning, linking, silk moves, partnering, timings	**Real GYM Unit 1 Personal** **Balance / Travel** points, patches, bases of support, control, focus, combine, apparatus, fixed point, partial contact, fluent, alternately, absorb impact, concentrate, core muscles, contact maintained, several, appropriate	**Core Real PE Unit 5 Physical** **Sending and Receiving / Reaction and Response** level, direction, speed, catch, rally, strike, pushing, bounce	**Core Real PE Unit 6 Health and Fitness** **Ball Chasing / Floorwork** equipment, appropriately, safely, driving arms, concentrate, object, under, upwards	**Athletics** **Running / Jumping / Throwing** aim, fast, slow, safely, step, bounce, jump, leap, hop, repeat, run, target, overarm, underarm, accelerate, baton, relay, push take off, landing, evaluate, improve, compete, performance, personal best