

Developing Vocabulary in Physical Education



Recent research shows us that: Government guidelines recommend that children and young people should get 30 minutes of their daily physical activity in the school day and 30 minutes outside of school. The figures show that 57.2% (up 4.6%) of children are doing 30 minutes or more of physical activity outside of school, compared to 40.4% at school. At the other end of the scale, 2.1 million children and young people (29.0%) are doing fewer than 30 minutes of physical activity a day, and while that number is down (by 3.9% over the last year) it's a reminder of how much more needs to be done. Active children are happier, more resilient and more trusting of others and there is a positive association between being active and higher levels of mental wellbeing, individual development and community development. (Sport England 2019)

Developing Physical Education at Hindhayes - Most teachers at Hindhayes are trained to teach REAL GYM and many have had training in REAL PE and we used these schemes for many PE lessons. We have recently purchased an online scheme, peplanning.org which is easy to follow and covers all aspects of PE: games, athletics, gymnastics, dance. And this scheme is now what we follow.. Physical Education is a valuable and essential part of the curriculum at Hindhayes. It is concerned primarily with the development of gross motor skills, agility, balance, coordination and movement confidence. PE provides opportunities to develop skills, knowledge and understanding through a wide range of physical activities. These schemes also offer lesson planning to help build social and personal skills – a key element to all planning since lockdown.

Vocabulary tier	Tier 1		Tier 2		Tier 3	
Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these to a range of activities.	Run Jump Throw Catch Body parts Roll Land Space Stretch	Fitness Hoops Mats Healthy Exercise Instructions Look Listen	Co-operate Score Communication Speed Competition Distance Measuring Striking Teamwork	Balance Technique Stamina Fluently Direction Awareness	Personal Best Races Underarm Hurdle Posture Overarm Agility Relay Cones	Breathing Heart rate
Participate in team games, developing simple tactics for attacking and defending.	Football Rugby Handball Dodgeball Goal Kick Ball Bibs	Push Beanbags Hoops Racket Net Games	Attack Defend Tactic Positioning React Energy Shoot Aim	Dribble Control Apparatus Accuracy Roll Receive Send	Dodge Pass Target Score Bounce Partner Aim Ready Position	
Perform dances using simple movement patterns.	Music Dance Move Count		Teamwork Fluently Smart Create Neat	Mirror Performance Character Phrase Impression	Canon Beat Movement Rhythm Posture	Key Shapes Balance Roll Straight Tense