

PE Key vocabulary

Reception/ Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Running	Co-ordination	Agility
Throwing	Key skills	Endurance
Catching	Teamwork	Accuracy
Jumping	Communication	Wellbeing
Skipping	Sequence	Competition
Rolling	Transition	Attack
Warm up	Technique	Defend
Warm down	Improvement	Flexibility
Balance	Exercise	Control
Movement	Health	Challenge
Active	Strength	Create
Sport	Develop	Poise