



The school's Christian vision

Our five core Christian values *Trust, Honesty, Compassion, Respect and Kindness* are centred on

'Do to others as you would like them to do to you.' (Luke 6:13)

Through these values we inspire children to be the best they can be. Encouraging high aspirations and expectations that will allow them to achieve, explore, succeed and prepare for their own path through life.



St Michael's CE VA Primary School, Lyme Regis

Physical Education Vocab Progression

Our progressive vocabulary identifies key vocabulary to be taught from EYFS to Year 6. These words are part of a whole host of work aimed at narrowing the vocabulary gap for our children. As a school we aim to expose all children to a broad range of vocabulary and provide them with the skills to use and apply these.

Reception	Year 1 & Year 2		Year 3, Year 4, Year 5 & Year 6	
<input type="checkbox"/> Space <input type="checkbox"/> Around <input type="checkbox"/> Over <input type="checkbox"/> Under <input type="checkbox"/> Through <input type="checkbox"/> Running <input type="checkbox"/> Skipping <input type="checkbox"/> Jumping/ jump <input type="checkbox"/> Throwing <input type="checkbox"/> Stepping <input type="checkbox"/> Push <input type="checkbox"/> Pull <input type="checkbox"/> Balance <input type="checkbox"/> Star <input type="checkbox"/> Straight <input type="checkbox"/> Line <input type="checkbox"/> Patting <input type="checkbox"/> Kicking/ kick <input type="checkbox"/> Rolling <input type="checkbox"/> Rules <input type="checkbox"/> Follow <input type="checkbox"/> Game <input type="checkbox"/> Move <input type="checkbox"/> Dance <input type="checkbox"/> Shake <input type="checkbox"/> Turn <input type="checkbox"/> Splash <input type="checkbox"/> Water <input type="checkbox"/> Swim <input type="checkbox"/> Bubbles	<input type="checkbox"/> Team <input type="checkbox"/> Instructions <input type="checkbox"/> Follow <input type="checkbox"/> Challenge <input type="checkbox"/> Travelling <input type="checkbox"/> Pumping <input type="checkbox"/> Sprinting <input type="checkbox"/> Accuracy <input type="checkbox"/> Overarm <input type="checkbox"/> Distance <input type="checkbox"/> Power <input type="checkbox"/> Strength <input type="checkbox"/> Stretch <input type="checkbox"/> Muscles <input type="checkbox"/> Fitness <input type="checkbox"/> Skills <input type="checkbox"/> Sequence <input type="checkbox"/> Arch <input type="checkbox"/> Tuck <input type="checkbox"/> Crab <input type="checkbox"/> Movement <input type="checkbox"/> Action <input type="checkbox"/> Apparatus <input type="checkbox"/> Striking <input type="checkbox"/> Grasping <input type="checkbox"/> Fielder <input type="checkbox"/> Bowler /Bowling <input type="checkbox"/> Control	<input type="checkbox"/> Sending <input type="checkbox"/> Striking <input type="checkbox"/> Goal <input type="checkbox"/> Points <input type="checkbox"/> Encouragement <input type="checkbox"/> Attack <input type="checkbox"/> Defence <input type="checkbox"/> Repetition <input type="checkbox"/> Pattern <input type="checkbox"/> Pathways <input type="checkbox"/> Level <input type="checkbox"/> Speed <input type="checkbox"/> Direction <input type="checkbox"/> Emotion <input type="checkbox"/> Perform <input type="checkbox"/> Front Crawl <input type="checkbox"/> Stroke <input type="checkbox"/> Breast Stroke <input type="checkbox"/> Back stroke <input type="checkbox"/> Dive <input type="checkbox"/> Length <input type="checkbox"/> Width <input type="checkbox"/> Metre <input type="checkbox"/> Rhythm <input type="checkbox"/> Sink <input type="checkbox"/> Float <input type="checkbox"/> Deep <input type="checkbox"/> Glide <input type="checkbox"/> breath	<input type="checkbox"/> Resilience <input type="checkbox"/> Endurance <input type="checkbox"/> Resistance <input type="checkbox"/> Stamina <input type="checkbox"/> Fluid <input type="checkbox"/> Precision <input type="checkbox"/> Stability <input type="checkbox"/> Smooth <input type="checkbox"/> Transitions <input type="checkbox"/> Clear <input type="checkbox"/> Extensions <input type="checkbox"/> Co-ordination <input type="checkbox"/> Precision <input type="checkbox"/> Coaching <input type="checkbox"/> Feedback <input type="checkbox"/> Improvising <input type="checkbox"/> Techniques <input type="checkbox"/> Routine	<input type="checkbox"/> Recurring idea (motif) <input type="checkbox"/> Stimuli/stimulus <input type="checkbox"/> Fluency <input type="checkbox"/> Dynamics <input type="checkbox"/> Energy <input type="checkbox"/> Flow <input type="checkbox"/> Explosive <input type="checkbox"/> Jerky <input type="checkbox"/> Straddle <input type="checkbox"/> Surface <input type="checkbox"/> Tumble-turn <input type="checkbox"/> Tread water <input type="checkbox"/> Depth <input type="checkbox"/> Scull <input type="checkbox"/> Submerge <input type="checkbox"/> Tactic <input type="checkbox"/> Butterfly <input type="checkbox"/> Shallow Tuck <input type="checkbox"/> Rotate