

REAL PE Progression of vocabulary\_COGS

	Personal	Social	Cognitive	Creative	Applying physical	Health and safety
<b>Foundation Stage</b>	<ul style="list-style-type: none"> <li>Follow instructions</li> <li>Practise</li> <li>Work on my own (with help)</li> </ul>	<ul style="list-style-type: none"> <li>Sensible</li> <li>Work with others</li> <li>Play with others</li> <li>Taking turns</li> <li>Sharing</li> </ul>	<ul style="list-style-type: none"> <li>Understand</li> <li>Rules</li> <li>Talk</li> <li>Follow instructions</li> </ul>	<ul style="list-style-type: none"> <li>Explore</li> <li>Talk</li> <li>Watch</li> <li>Copy</li> </ul>	<ul style="list-style-type: none"> <li>Do</li> <li>Movement</li> <li>Put two moves together</li> <li>Move confidently</li> </ul>	<ul style="list-style-type: none"> <li>Movement is good for me</li> <li>My body changes when I move</li> </ul>
<b>Year 1</b>	<ul style="list-style-type: none"> <li>Keep going</li> <li>Try again</li> <li>Follow instructions</li> <li>Practise</li> <li>Ask for help</li> <li>Work on my own</li> </ul>	<ul style="list-style-type: none"> <li>Sensible</li> <li>Help others</li> <li>Work with others</li> <li>Play with others</li> <li>Take turns</li> <li>Sharing</li> </ul>	<ul style="list-style-type: none"> <li>Same and different</li> <li>Talk about what I am good at</li> <li>Order</li> <li>Instructions</li> <li>Rules</li> <li>Movements</li> <li>Understand</li> </ul>	<ul style="list-style-type: none"> <li>Compare</li> <li>Choose and link</li> <li>Movement</li> <li>Explore</li> <li>Describe</li> <li>Watch</li> <li>Copy</li> </ul>	<ul style="list-style-type: none"> <li>Do</li> <li>Movement</li> <li>Control</li> <li>Order (sequence)</li> <li>High middle low (levels)</li> <li>Left and right</li> <li>Fast or slow</li> </ul>	<ul style="list-style-type: none"> <li>Talk about how I feel before and after moving.</li> <li>Benches, matts, balls (equipment)</li> <li>Move and land</li> <li>Safe</li> <li>Movement is good for me</li> </ul>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>Challenge</li> <li>Keep trying</li> <li>Ask for help</li> <li>Follow instructions</li> <li>Practise</li> <li>Work on my own</li> </ul>	<ul style="list-style-type: none"> <li>Patience</li> <li>Help other</li> <li>Listen</li> <li>Show and tell</li> <li>Say what is good to others</li> <li>Work with other sensibly</li> </ul>	<ul style="list-style-type: none"> <li>Understand</li> <li>Attack</li> <li>Defend</li> <li>Explain</li> <li>Think about next time</li> <li>Order movements</li> <li>Instructions</li> <li>Skills</li> <li>Same and different</li> <li>Expression</li> <li>Compare</li> <li>Choose and link</li> <li>Explore</li> <li>Describe</li> </ul>	<ul style="list-style-type: none"> <li>Create</li> <li>Respond</li> <li>Recognise</li> <li>Same and different</li> <li>Expression</li> <li>Explore</li> <li>Describe</li> </ul>	<ul style="list-style-type: none"> <li>Perform</li> <li>Repeat</li> <li>Sequence</li> <li>Shape</li> <li>Control</li> <li>Choose</li> <li>Skills</li> <li>Change</li> <li>Levels</li> <li>Direction</li> <li>Speed</li> </ul>	<ul style="list-style-type: none"> <li>Describe how my body feels before and after exercise</li> <li>Warm up</li> <li>Cool down</li> <li>Equipment</li> <li>Exercise is important</li> <li>Health</li> </ul>
<b>Year 3</b>	<ul style="list-style-type: none"> <li>Cope</li> <li>React</li> <li>Positive</li> </ul>	<ul style="list-style-type: none"> <li>Cooperate</li> <li>Feedback</li> <li>Organise</li> </ul>	<ul style="list-style-type: none"> <li>Judge</li> <li>Performance</li> <li>Identify</li> </ul>	<ul style="list-style-type: none"> <li>Link</li> <li>Develop</li> <li>Sequence</li> </ul>	<ul style="list-style-type: none"> <li>Perform</li> <li>Variety</li> <li>Body tension</li> </ul>	<ul style="list-style-type: none"> <li>Describe</li> <li>Fitness</li> <li>Explain</li> </ul>

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	<ul style="list-style-type: none"> <li>Persevere</li> <li>Improve</li> <li>Practice</li> <li>Challenge</li> <li>Ask for help</li> </ul>	<ul style="list-style-type: none"> <li>Guide</li> <li>Task</li> <li>Patience</li> <li>Support</li> <li>Listen</li> <li>Show and tell</li> <li>Praise</li> <li>Encourage</li> </ul>	<ul style="list-style-type: none"> <li>Decisions</li> <li>Awareness</li> <li>Tactics</li> <li>Attack</li> <li>Defend</li> <li>Explain</li> <li>Improvement</li> <li>Order</li> <li>Instructions</li> <li>Movements</li> <li>Skills</li> <li>Similarities and differences</li> </ul>	<ul style="list-style-type: none"> <li>Express</li> <li>Ideas</li> <li>Tactics</li> <li>Rules</li> <li>Challenge</li> <li>Version</li> <li>Respond</li> <li>Recognise</li> <li>Similarities and differences</li> <li>Compare</li> <li>theme</li> </ul>	<ul style="list-style-type: none"> <li>Link</li> <li>Action</li> <li>Flow</li> <li>Running</li> <li>Jumping</li> <li>Throwing</li> <li>Repeat</li> <li>Control</li> <li>Apply</li> <li>Changes</li> <li>Level</li> <li>Direction</li> <li>Speed</li> </ul>	<ul style="list-style-type: none"> <li>Often</li> <li>Long</li> <li>Exercise</li> <li>Healthy</li> <li>Note</li> <li>Describe</li> <li>Warm up</li> <li>Cool down</li> <li>Equipment</li> <li>Appropriately</li> <li>Move and land</li> <li>Safe</li> </ul>
<b>Year 4</b>	<ul style="list-style-type: none"> <li>Cope</li> <li>React</li> <li>Persevere</li> <li>Improve</li> <li>Practice</li> <li>Challenge</li> <li>Ask for help</li> <li>Appropriate</li> </ul>	<ul style="list-style-type: none"> <li>Cooperate</li> <li>Feedback</li> <li>Organise</li> <li>Roles</li> <li>Responsibilities</li> <li>Guide</li> <li>Patience</li> <li>Support</li> <li>Listen</li> <li>Show and tell</li> <li>Praise</li> <li>Encourage</li> </ul>	<ul style="list-style-type: none"> <li>Judge</li> <li>Steps to success</li> <li>Identify</li> <li>Awareness</li> <li>Decisions</li> <li>Tactics</li> <li>Attack and defend</li> <li>Explain</li> <li>Improvement</li> <li>Order</li> <li>Instructions</li> <li>Movements</li> <li>Skills</li> <li>Recognise</li> <li>Similarities</li> <li>Difference</li> </ul>	<ul style="list-style-type: none"> <li>Link</li> <li>Develop</li> <li>Sequences</li> <li>Create</li> <li>Challenge</li> <li>Respond</li> <li>Variety</li> <li>Recognise</li> <li>Similarities</li> <li>Differences</li> <li>Compare</li> <li>Select</li> <li>Theme</li> </ul>	<ul style="list-style-type: none"> <li>Perform</li> <li>Variety</li> <li>Body tension</li> <li>Flow</li> <li>Running</li> <li>Jumping</li> <li>Throwing</li> <li>Repeat</li> <li>Sequences</li> <li>Control</li> <li>Select</li> <li>Apply</li> <li>Consistency</li> <li>Changes</li> <li>Level</li> <li>Direction</li> <li>speed</li> </ul>	<ul style="list-style-type: none"> <li>Describe</li> <li>Fitness</li> <li>Explain</li> <li>Often</li> <li>Length</li> <li>Write down</li> <li>Review</li> <li>Warm up</li> <li>Cool down</li> <li>Equipment</li> <li>Appropriate</li> <li>Move and land</li> <li>Safe</li> </ul>
<b>Year 5/6</b>	<ul style="list-style-type: none"> <li>Create</li> <li>Plan</li> <li>Revise</li> <li>Accept</li> <li>Critical</li> <li>Feedback</li> <li>Challenge</li> </ul>	<ul style="list-style-type: none"> <li>Involve</li> <li>Include</li> <li>Motivate</li> <li>Feedback</li> <li>Negotiate</li> <li>Collaborate</li> <li>Cooperate</li> </ul>	<ul style="list-style-type: none"> <li>Review</li> <li>Analyse</li> <li>Evaluate</li> <li>Strengths</li> <li>Weaknesses</li> <li>Read</li> <li>React</li> </ul>	<ul style="list-style-type: none"> <li>Effectively</li> <li>Disguise</li> <li>Variety</li> <li>Creativity</li> <li>Engage</li> <li>Audience</li> <li>Respond</li> </ul>	<ul style="list-style-type: none"> <li>Effectively</li> <li>Transfer</li> <li>Range</li> <li>Sports</li> <li>Perform</li> <li>Variety</li> <li>Skills</li> </ul>	<ul style="list-style-type: none"> <li>Explain</li> <li>Plan</li> <li>Follow</li> <li>Create</li> <li>Fitness plan</li> <li>Similarities and differences</li> </ul>

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	<ul style="list-style-type: none"> <li>• Opportunities</li> <li>• Learn</li> <li>• Develop</li> <li>• Recognise</li> <li>• Strengths</li> <li>• Weakness</li> <li>• Targets</li> <li>• Cope</li> <li>• React</li> <li>• Persevere</li> <li>• Improve</li> <li>• Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Helpful</li> <li>• Organise</li> <li>• Roles</li> <li>• Responsibilities guide</li> </ul>	<ul style="list-style-type: none"> <li>• Develop</li> <li>• Develop</li> <li>• Recognise</li> <li>• Suggest</li> <li>• Success</li> <li>• Methods</li> <li>• Opponents</li> <li>• Criteria</li> <li>• Judge</li> <li>• Performance</li> <li>• Identify</li> <li>• Specific</li> <li>• Awareness</li> <li>• Decisions</li> </ul>	<ul style="list-style-type: none"> <li>• Imaginatively</li> <li>• Adapt</li> <li>• Adjust</li> <li>• Skills</li> <li>• Movement</li> <li>• Tactics</li> <li>• Contrast</li> <li>• Sequences</li> <li>• Express</li> <li>• Individuality</li> <li>• Change</li> <li>• Rules</li> <li>• Challenge</li> </ul>	<ul style="list-style-type: none"> <li>• Consistently</li> <li>• Challenging</li> <li>• Competitive</li> <li>• Combinations</li> <li>• Sport specific context</li> <li>• Fluency</li> <li>• Accuracy</li> <li>• Practice</li> <li>• Body tension</li> <li>• Link</li> <li>• Flow</li> <li>• Running</li> <li>• Jumping</li> <li>• Throwing</li> </ul>	<ul style="list-style-type: none"> <li>• Select</li> <li>• Perform</li> <li>• Appropriate</li> <li>• Warm up</li> <li>• Cool down</li> <li>• Identify</li> <li>• Danger</li> </ul>
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