



## EYFS PE Vocabulary and Meaning / Definition

- ❖ **Accuracy** – Accuracy is the ability to control where we throw/roll/send an object.
- ❖ **Aiming** - Aiming is the ability to use our bodies to direct an object towards a target.
- ❖ **Apparatus** - The term apparatus refers to a piece of equipment that's used in gymnastics. For example a bench, vault or balance beam.
- ❖ **Attacker** - We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. Our aim is to keep the ball away from the defenders.
- ❖ **Beat** - The beat is the basic unit of time used to count the notes of the music or sound that a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3, 4).
- ❖ **Big** - Big means moving or balancing in ways where the body is extended as large as possible.
- ❖ **Bouncing** - Bouncing means using our hands to push the ball towards the floor. If the attacker in possession of the ball continuously bounces the ball and moves around the space, keeping control this is known as dribbling.
- ❖ **Catching** - Catching means holding the object with our hands that is hit or thrown to us usually before it touches the ground.
- ❖ **Champion Dancers** - Champion dancers can move with control, respond to the rhythm and move in relation to the music.
- ❖ **Champion Gymnastics** - 'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.
- ❖ **Change of direction** - Change of direction means to change the pathway that we are orienting in.
- ❖ **Control** - Control means keeping the ball close to us, preventing the defenders from gaining possession.

- ❖ **Control (Dance)** - Control means moving our bodies in time with the music, beat or sound.
- ❖ **Defender** - We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.
- ❖ **Distance** - Distance is defined as the length of space between two points.
- ❖ **Dribbling (Feet)** - Dribbling is a method of moving with the ball. The attacker in possession of the ball continuously kicks the ball, keeping it close to them in order to move around the pitch.
- ❖ **Dribbling (Rackets, Bats and Balls)** - Dribbling is a method of moving with the ball. The attacker in possession of the ball uses their racket to push the ball around in order to move around the space.
- ❖ **Expression** - Expression refers to the actions a dancer uses to make their characters thoughts or feelings known.
- ❖ **Height** - Height is defined as the distance from the bottom to the top of something. This means how high an athlete has jumped.
- ❖ **High** - High means moving or balancing in ways where the body is high up away from the floor. For example jumping, hopping or skipping.
- ❖ **Hopping** - Hopping is to continuously jump on one foot.
- ❖ **Jumping** - Jumping is a form of moving where we use our body to propel ourselves off a surface and into the air.
- ❖ **Landing** - Landing is how we use our bodies to land after we have left a surface and jumped into the air. When landing we should land on two feet, bending our knees to absorb the impact.
- ❖ **Low** - Low means moving or balancing in ways where the body is low to the floor. For example sliding, rolling or crawling.
- ❖ **Marching** – Marching is a method of moving in either a rhythmic or a route-step time. Marching is normal associated with the military and requires controlled and disciplined movements.
- ❖ **Moving** - Moving means using a variety of body parts to move around the space in a creative way.

- ❖ **Opponent** - Opponent means a player on the other team. If we are an attacker dribbling, we need to keep the ball away from the defender who is our opponent.
- ❖ **Opposite** - Opposite refers to when something is totally different from or the reverse of something else. For example, the opposite to slow is fast.
- ❖ **Over** - Over refers to when the body is moving over the top of a piece of apparatus. Under: This refers to when the body is moving underneath a piece of apparatus.
- ❖ **Possession** - Possession is when we have physical control of the ball.
- ❖ **Power** - Power is the intensity and speed that an object is thrown/rolled/sent.
- ❖ **Pushing** - Pushing is a method of sending the ball using our hands. The person pushing the ball will extend their hands away from their body to direct the ball towards a target or their partner.
- ❖ **Rhythm** - Rhythm is a repeated pattern of movements or sounds.
- ❖ **Rolling** - Rolling is a method of sending the ball along the floor. A ball can be rolled using our hands towards a target or our partner.
- ❖ **Rules** - Rules are a set of regulations or principles that govern a particular activity that ensure that the activity is played fairly and safely.
- ❖ **Sequence** - Sequence is a combination of controlled movements that have been added together in a particular order.
- ❖ **Shapes** - Shapes is another word for balancing. Pupils must hold a shape still.
- ❖ **Sharing** - Sharing to ensure that a game is played fairly pupils should be encouraged to share and take turns.
- ❖ **Small** - Small means moving or balancing in ways where the body is made as small as possible.
- ❖ **Space** - Space is an open area on the pitch/court that is unoccupied by a defender or the defending team. The attacker in possession of the ball needs to identify open spaces to move into, to keep the ball away from the defenders.
- ❖ **Speed** - Speed is the ability to move parts of the body as quickly or as slowly as possible.

- ❖ **Stopping** - Stopping is a fielding method used by a fielder to prevent the ball going past them.
- ❖ **Tagging or Tag** - Tagging or Tag is the method applied by the defending team to stop the attacker from moving.
- ❖ **Tempo** - Tempo refers to the speed or pace (fast or slow) that a dancer performs their movements.
- ❖ **Throwing** - Throwing means using your arm/hand to propel a ball with force through the air to a specific target or area.
- ❖ **Timing** - Timing in dance, timing refers to moving to the beat of the music.
- ❖ **Transition** - The term transition means to move into and out of basic movements, actions or balances.
- ❖ **Walking** - Walking is a method of moving at a regular pace by lifting and placing down each foot in turn, never having both feet off the ground at once