

Rokey PE Vocabulary Progression list using FUNS



ROKEBY PRIMARY SCHOOL

PART OF STOWE VALLEY MULTI ACADEMY TRUST

	1. Static Balance: 1 leg	2. Static Balance: Seated	3.Static Balance: Floorwork	4.Static Balance: Stance	5.Dynamic balance: On a line	6.Dynamic balance: Jumping and landing	7.Counterbalance: In pairs	8.Coordination: Sending and receiving	9.Coordination: Ball skills	10.Coordination: Footwork	11.Agility: Ball chasing	12.Agility: Reaction and Response
Year 1	Stand still minimum wobble straight back tummy tight head up balance 1 leg	Minimum wobble Holding balance Head up and still Tummy tight Back straight Seated balance	knees Hips shoulders Position Holding Control Changing Mini front support	Feet forward Feet still Wobble control Bent knees Head up back straight Stance Balance line	Feet facing forward Feet still Minimum wobble Bend knees Feet shoulder width apart fluidity	Feet shoulder width apart Knees bent on landing Head up Take off Balance and control Soft landing height	Tummy tight Head up Forearms Smooth controlled movements Coordinated movements Lean Apart Rock forwards, backwards, sidestep	Roll the ball Obstacle course Kneeling Alternate hands Backswing Follow through Ready position Collecting the ball Collect Rebound effectively	Roll the ball Around Upper body	Sidestep Gallop Leading foot Hop Skip	Balanced position Chase Collect rolled	From 1, 2 and 3 metres React Catch Shoulder height Large ball
Year 2	Stand still minimum wobble straight back tummy tight head up mini squats	With control Head up Tummy tight Back straight Hands/ feet off the ground Seated balance	Knees Hips Shoulders In line balance Control Straight back Tummy tight Mini front support Mini front support arm extension	Feet forward Feet still Wobble control Bent knees Head up back straight Low beam Stance	Swing arms to help keep you balanced Head up and still Back straight Smooth movements Minimal wobble Opposite arm and leg moving forward fluidity	Feet shoulder width apart Knees bent on landing Head up Take off Balance and control Soft landing Height Quarter turn	Tummy tight Head up Forearms Smooth controlled movements Coordinated movements Long base Lean Hold balance	Roll the ball Obstacle course Kneeling Alternate hands Backswing Follow through Ready position Collecting the ball Eyes on the ball Rally strike	Around your body Seated Upper body Both hands	Sidestep Gallop Leading foot Hop Skip In both directions hop on right and left	Turning both ways Balanced position Chase Collect rolled	React and catch Dropped from shoulder height with 1 bounce. Large ball
Year 3	Stand still minimum wobble straight back stomach tight head up squats 90 degree angle	With control Head up Tummy tight Back straight Hands and feet of the floor throughout Cone Dish shape With straight arms and legs	Knees Hips Shoulders In line balance Control Straight back Tummy tight Mini back support Transfer Full front support/plank	Feet forward Feet still Wobble control Bent knees Head up back straight Feet pick up Knee raise Receive Force alternate	Swing arms to help keep you balanced Head up and still Back straight Smooth movements Minimal wobble Opposite arm and leg moving forward Heels up walk Driving leg/arm	Feet shoulder width apart Knees bent on landing Head up Take off Balance and control Soft landing Height Quarter turn Tucked jump	Tummy tight Head up Forearms Smooth controlled movements Coordinated movements Short base Move together Hold balance	Roll the ball Obstacle course Kneeling Alternate hands Backswing Follow through Ready position Collecting the ball Eyes on the ball Alternately	While standing roll the ball up and down your legs	Combine side steps pivots reverse skip with knee to opposite elbow hopscotch	Distance of 10 metres Turning both ways Seated Lying position Throw and chase Bouncing	React and catch Maintaining Balancing 1 legged catch Tennis ball

Year 4	Footwork Patterns Directions Zig zag Fluency and control 90 degree angle	Core muscles Hand and feet on the floor through out Maintain correct posture through out Cone Dish shape Straight arms and legs	Head up Balls of your feet Maintain balance Smooth movements Minimum wobble Opposite arm and leg Mini back support Transfer Full front support/plank	Driving arms forward 'Hips to lips' Position Push off using feet Bend knees Feet pick up Knee raise Receive Force alternate	Work of the balls of the feet Head up Arms to help you move Maintain balance Stay on line head up Opposite leg and arm moving forwards Lunge Driving leg/arm	Feet shoulder width apart Knees bent on landing Head up Take off Balance and control Land making no noise Height Control Balance Tucked jump	Strong core though out Forearms Straight arms Leaning back Coordinated Short base Move together Hold balance	Eyes focused Sending Receiving Backswing Follow through Striking Kicking Fluency Rhythm Alternately	Using both hands individually Roll the ball u and down your legs while standing	Hopscotch Forwards and backwards Alternate Zigzag Pattern	Distance of 10 meters and turning both ways Roll and chase Roll though legs Collect	React and catch Maintaining Balancing 1 legged catch Tennis ball
Year 5	Footwork Patterns Directions Zig zag Fluency and control 90-degree angle Ankle extension Uneven surface	Core muscles Hand and feet on the floor through out Maintain correct posture through out Dish shape v-sit arm's distance	Head up Balls of the feet Maintain balance Smooth movements Minimum wobble Opposite arm and leg Full front support/plank Full back support	Driving arms forward 'Hips to lips' Position Push off using feet Bend knees Alternate Catch at knee height	Work of the balls of the feet Head up Arms to help you move Maintain balance Stay online head up Opposite leg and arm moving forwards Lunge Driving leg/arm	Feet shoulder width apart Knees bent on landing Head up Take off Balance and control Land making no noise Height Control Balance Freeze landing	Strong core though out Forearms Straight arms Leaning back Coordinated Short base Move together Hold balance	Eyes focused Sending Receiving Backswing Follow through Striking Kicking Fluency Rhythm Cross over	Alternate Circuits Waist	Hopscotch Forwards and backwards Alternate Zigzag Pattern	Distance of 10 meters and turning both ways Roll and chase Roll though legs Collect	React and step 1 Handed catch Tennis ball
Year 6	Focus point Core control Arms to support Smooth Minimum wobble Ankle extension Uneven surface	Hold Core muscles throughout Hand and feet off the ground through out Keep head up and breath throughout. v-sit arm's distance	Head up Balls of the feet Maintain balance Smooth movements Minimum wobble Opposite arm and leg Full front support/plank Full back support	Feet position Shoulder width apart Back straight head up Feet facing forward Control wobble	Core strength Arms 'hips to lips' Smooth movement minimum wobble Staying online Head up Opposite leg and arm moving forwards Lunge Driving leg/arm	Swing arms and legs to get height Bend knees Take off Landing Soft landings Control Freeze landing	Strong core though out Forearms Straight arms Leaning back Coordinated Short base Move together Hold balance	Eyes focused Sending Receiving Backswing Follow through Striking Kicking Fluency Rhythm Cross over	Figure of 8 circuits Criss cross catches	Zig zag Pattern Swerve Cross over Knee raises across the body Maximum speed	Stopping with knees sideways Plank Stopping ball with head.	React, step and catch with 1 hand Using a tennis ball