



Foundation and KS1 Glossary

Vocabulary and Definitions

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EYFS

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.

Balancing

Balance is the even distribution of weight enabling something to remain upright and steady.

Balloon

A rubber bag inflated with air and sealed at the neck. The balloon is a great alternative to beanbags and balls to support pupils to develop pushing and hitting skills.

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.



Vocabulary and Meaning / Definition

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 (Ball Skills)

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.



Vocabulary and Meaning / Definition

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.



EYFS

Vocabulary and Meaning / Definition

Hitting (Balloon)

Hitting means striking the balloon with our hand with purpose. The person hitting the balloon will strike the balloon with their hands towards a target or towards an open space.

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.



Vocabulary and Meaning / Definition

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.
Partner	A partner is a person who is doing the game activity, game or challenge with somebody else, with the aim of achieving the same goal.
Play	Play is an activity that involves enjoyment.
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.



EYFS

Vocabulary and Meaning / Definition

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.
Safe	Safe means being able to play or compete in an environment where we are protected from danger or harm.
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.



Vocabulary and Meaning / Definition

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.



EYFS

Vocabulary and Meaning / Definition

Travel

Travel is a method of moving around the space using either our bodies or a piece of equipment.

Vehicle

A vehicle is a method of moving using a piece of equipment.

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.



Vocabulary and Meaning / Definition

Acceleration

Acceleration is how quickly an athlete can increase their speed over a distance when running.

Accuracy

Accuracy is the ability to control where we roll, bounce, push, throw, hit or send a ball or object.

Agility

Agility is the body's ability to move quickly and easily in different directions.

Aiming

Aiming is the ability to use our bodies to direct an object towards a target.

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.

Balance

Balance is the even distribution of weight enabling someone or something to remain upright and steady.

Batter

Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many points / rounders / runs as possible.

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).



KS1

Vocabulary and Meaning / Definition

Big	Big means moving or balancing in ways where the body is extended as large as possible.
Catching	Catching means holding the 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.
Chest Pass	A chest pass is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When using a chest pass, the passer should direct the ball towards the receiver's hands at chest level.
Choreography	Choreography is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer.
Communication	Communication is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.



Vocabulary and Meaning / Definition

Competition

Competition means when we compete (challenge) ourselves or when we play against others, in small groups or in pairs.

Consequence

A consequence is a result of something that has happened from a given action or situation.

Control (Ball Skills)

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.

Cooperation

Cooperation is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible.

Coordination

Coordination is the ability to use different parts of the body together efficiently.

Courage

Courage means being brave enough to try something even when we find it scary or difficult.

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.



KS1

Vocabulary and Meaning / Definition

Distance

Distance is defined as the length of space between two points. This might mean how far an athlete has jumped.

Dodge

Dodge is a method of moving quickly by an attacker, from one side to the other to avoid being tagged by a defender.

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 (Hands)

Dribbling is a method of moving with the ball. The attacker in possession of the ball continuously bounces the ball on the floor in order to move around the court.

Emotion

Emotion refers to the feelings a dance character is feeling depending on their circumstances, mood, or relationship with others.

Expression

Expression refers to the actions a dancer uses to make their characters thoughts or feelings known.

Fairness

Fairness is when we make judgements in accordance with the rules and treat everyone equally and fairly.



KS1

Vocabulary and Meaning / Definition

Fielder

A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring.

Flow (Dance)

Flow is when a dancer moves from one action to another smoothly and without stopping.

Flow (Gymnastics)

Flow is when a gymnast moves from one action to another without stopping.

Hand-eye coordination

Hand-eye coordination is the ability to use our hands and eyes at the same time to perform and accomplish a given task, such as catching a ball.

Hitting

Hitting means striking the ball with a racket towards a target or into space.

Inclusion

Inclusion means to include everyone in the activity or within a team no matter their ability. No one should be left out.

Interesting

Interesting means pupils are thinking and being creative.

Jump

Jump is a method of moving where a gymnast pushes themselves off of a surface and into the air creating a moment of flight.



KS1

Vocabulary and Meaning / Definition

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.

Leader

A leader is an individual who will guide and inspire their partner or others within their team.

Linking

Linking means successfully adding two movements together so that they flow one after the other.

Motif

Motif is a series of movements that are repeated.

Motivation

Motivation is described as the positive actions and behaviours an individual uses to help drive themselves, their partner or their team towards a goal.

Moving

Moving means using a variety of body parts to move around the space in a creative way.

Narrow

Narrow means moving or balancing in ways where the body stretches (arms and legs) vertically away from the centre of the body. For example, a pencil jump is a narrow way of moving.



KS1

Vocabulary and Meaning / Definition

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.
Partner	A partner is a person who is doing the game activity, game or challenge with somebody else, with the aim of achieving the same goal.
Passing	Passing is a method of sending (kicking) the ball to our partner or another member of our team in order to keep possession of the ball.
Personal Best	A personal best is the fastest time, highest score or best result, achieved by a person or a team when undertaking a challenge or sporting event.
Possession	Possession is when we have physical control of the ball. This could be as an individual or when working as part of a team. It is when we have 'possession' that we can create the opportunity to score.
Power	Power is the intensity and speed that a ball is rolled, bounced, pushed, thrown, hit or sent.



Vocabulary and Meaning / Definition

Referee

A referee is an official who enforces the rules and is responsible for making sure that the game is played fairly. The referee will resolve any disagreements and their decision is final and should be respected.

Rhythm

Rhythm is a repeated pattern of movements or sounds.

Roll

Roll is a method of moving where a gymnast completes rotation of their body on the ground.

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 ensures that the activity is played fairly and safely.

Score

The score is the number of points achieved in a game or by an individual, pair or team.

**Sequence
(Dance)**

Sequence is a combination of controlled movements that have been added together in a particular order.

**Sequence
(Gymnastics)**

Sequence is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.



Vocabulary and Meaning / Definition

Skipping

Skipping is a combination of a long step and a hop, stepping from one foot to the other with a hop or bounce.

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 all or part of the body as quickly as possible. Speed is a vital component to being successful when running.

Sportsmanship

Sportsmanship is the quality of showing fairness, respect and good behaviour towards our opponents when competing and graciousness in winning or losing.

Stimulus

Stimulus is something that provokes or causes an action or response.

Strategy

Strategy is a planned set of actions that are used by a team or individual to achieve a long term goal. We plan a strategy and then use specific tactics to help us achieve our goal.



Vocabulary and Meaning / Definition

Tactics	Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.
Team	Team means a group of players from one side who come together to try and achieve a common goal.
Team Member	A team member is an individual within a team who has a specific role and responsibility to perform. Team members need to cooperate and work together to enable their team achieve its goal.
Teamwork	Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.
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 (Games)	Transition is defined as the process of recognising and responding after losing or regaining possession.



Vocabulary and Meaning / Definition

Transition	The term transition means to move into and out of basic movements, actions or balances.
Trust	Trust is the ability to have the confidence to believe in the actions of your partner or team.
Unison	Unison is where pupils perform the same movement at exactly the same time as each other.
Warm Up	Before taking part in a physical activity or a sport we need to prepare our body and mind for that activity. One of the reasons for a 'warm up' is to reduce the risk of injuring a muscle.
Wide	Wide means moving or balancing in ways where the body is extended (arms and legs) horizontally away from the centre of the body. For example a star jump is a wide movement.
Zig-Zag	Zig-Zag means a line or course having abrupt alternate right and left turns that a pupil follows as they create movements.



