

Multi-Skills Vocabulary Progression



Year R

Hop

Jump

Skip

Run

Balance

Climb

Imagine

Safe



Year 1

Personal best

Target

Space

Jog

Rules

Dribbling



Year 2

Paces

Race

Control

Apparatus

Space

Skipping

Direction



Year 3

Agility

Balance

Co-ordination

Measure

Record

Team

Speed

Test

Mini Coach



Year 4

Agility

Balance

Co-ordination

Leadership

Skills

Co-operate

Accuracy



Year 5

Agility

Balance

Co-ordination

Performance

Combination

Success

Evaluate

Create



Year 6

Agility

Balance

Co-ordination

Technique

Fluency

Efficiency

Exercise

Isolation

Challenge