

## Whole school over view of body vocabulary

<u>Year group</u>	<u>Body / physical vocabulary to be taught</u>
Year 1	Arms, legs
	Core
	Upper body, lower body
	Talk about how and why our heart pumps faster during physical activities.
	Shoulders, arms, legs,
	Arms, legs, shoulders
<u>Year group</u>	<u>Body / physical vocabulary to be taught</u>
Year 2	Talk about how and why our heart pumps faster during physical activities.
	Core - abdominals
	Upper body, lower body
	Shoulders, arms, legs,
	Arms, legs (quadriceps), shoulders
<u>Year group</u>	<u>Body / physical vocabulary to be taught</u>
Year 3	Upper body - arms & shoulders - biceps
	Core - abdominals
	Look at heart rate. Why we warm up ?
	Upper body - Biceps and triceps
	Lower body - Quadriceps
	Upper body - Biceps and triceps
	Lower body - Quadriceps and hamstrings
	Upper body - biceps and triceps
Lower body - Quadriceps and hamstrings	
<u>Year group</u>	<u>Body / physical vocabulary to be taught</u>
Year 4	Upper body - arms & shoulders - biceps & deltoid
	Core - abdominals
	Legs - quadriceps

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	Look at heart rate. Why we warm up? Why is the heart beating faster?
	Upper body - Biceps and triceps Lower body - Quadriceps and hamstrings
	Upper body - Biceps and triceps Lower body - Quadriceps and hamstrings
	Biceps and triceps Quadriceps and hamstrings
<u>Year group</u>	<u>Body / physical vocabulary to be taught</u>
<u>Year 5</u>	Arms - Biceps, triceps,
	Core - Abdominals and oblique Back - trapezius
	Arms - Biceps, triceps, Shoulders - deltoids
	Arms - Biceps, triceps, Shoulders - deltoids Legs - quadriceps
	Arms - Biceps, triceps, Shoulders - deltoids Legs - quadriceps, calves, hamstrings
	Look at heart rate. How and why it changes. That we need more bloody to work our muscles. Link between heart rate and breathing rate
<u>Year group</u>	<u>Body / physical vocabulary to be taught</u>
<u>Year 6</u>	Arms - Biceps, triceps, Legs - quadriceps, calves, hamstrings
	Core - Abdominals and oblique Back - trapezius
	Arms - Biceps, triceps, Shoulders - deltoids
	Arms - Biceps, triceps,

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	Shoulders - deltoids
	Legs - quadriceps, calves, hamstrings
	Look at heart rate. How and why it changes. That we need more bloody to work our muscles.
	Circularity system. Link between heart rate and breathing rate.
Arms - Biceps, shoulders - deltoids	
Legs - quadriceps, calves, hamstrings and glutes	
Core - abdominals	

