

Vocabulary Pyramid

Athletics



Get Set 4
Education

EYFS

Ball Skills

Games

Fundamentals



Year 1

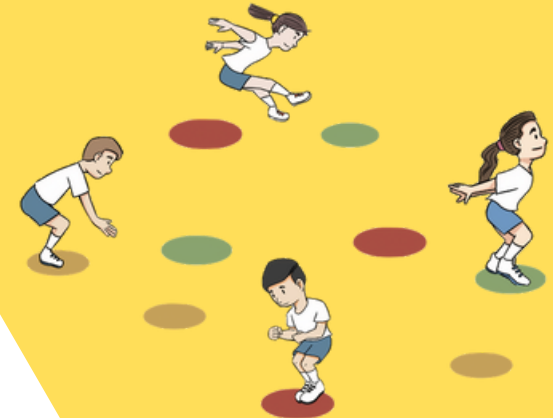
push
stop
jump
space
forwards
balance
safely
backwards

far
fast
improve
hop
slow
direction
aim
bend
travel



Year 2

sprint
take off
jog
landing
distance
overarm
height
underarm



Year 3

speed
higher
power
pace
strength
control
accurately
faster
further



Year 4

power
determination
stamina
accuracy
officialiate
perseverance
personal best

Year 5

technique
downsweep
upsweep
flight
rhythm
stride



Year 6

rotation
force
trajectory
compete
continuous
pace
momentum
transfer of weight

Vocabulary Pyramid

Ball Skills



Get Set 4
Education

EYFS

run

stop

throw

roll

team

kick

space

catch

Year 1

far

aim

safely

direction

balance

send

Year 2

overarm

collect

target

underarm

dribble

distance

Year 3

track

receive

chest

shoulder

overhead

accurate

Year 4

release

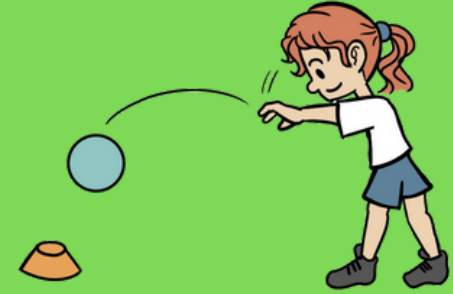
select

control

consistently

technique

persevere

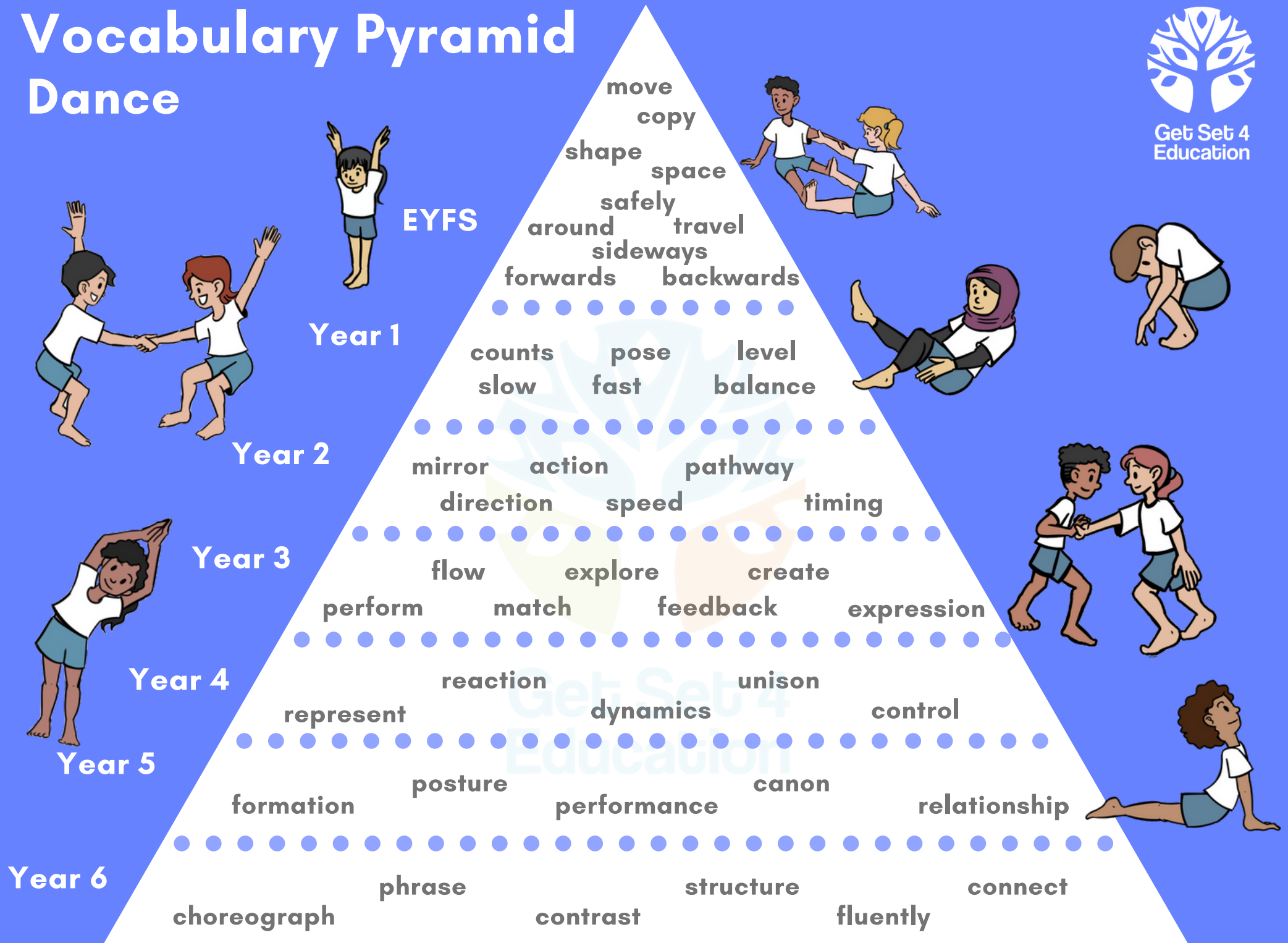


Vocabulary Pyramid

Dance



Get Set 4
Education



Vocabulary Pyramid

Fitness



Get Set 4
Education

EYFS

push **Gymnastics**

stop **Fundamentals**

space jump

balance safely

exercise heart lungs

body mood

strong pace race

speed jog steady sprint

strength accurately

distance balance control

technique co-ordination healthy

progress muscle stamina

technique momentum rhythm

agility drive power

generate force measure analyse

continuous flexibility record

Year 1

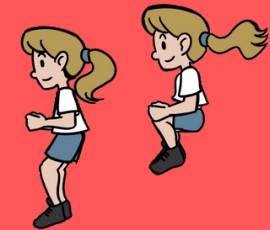
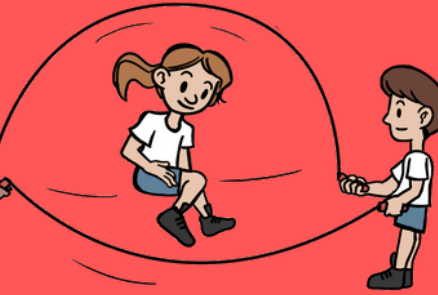
Year 2

Year 3

Year 4

Year 5

Year 6



Vocabulary Pyramid

Fundamentals



Get Set 4
Education

EYFS

run

stop

space jump

balance skip

Year 1

fast hop slow

direction land safely

dodge jog hurdle

speed steady sprint

Year 2

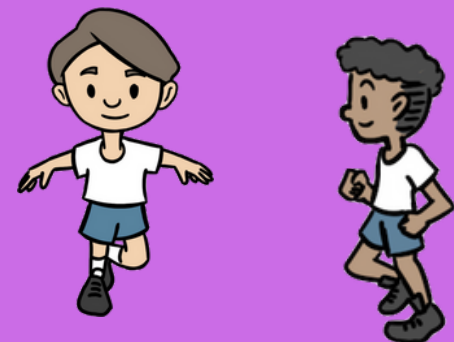
distance technique control

tension coordination rhythm

Year 3

momentum decelerate transfer

accelerate pace stability



Year 4

Vocabulary Pyramid

Gymnastics



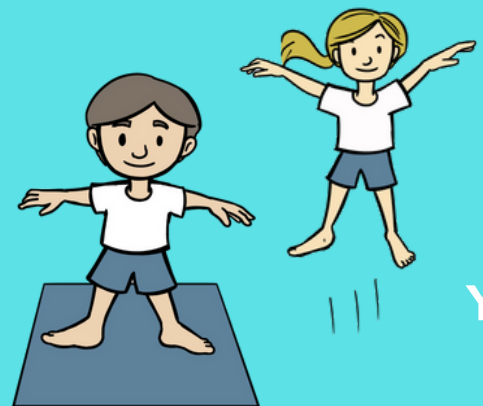
Get Set 4
Education

EYFS



move
copy
shape
rock
around
sideways
forwards

over
space
safely
travel
backwards



Year 1

action jump roll level

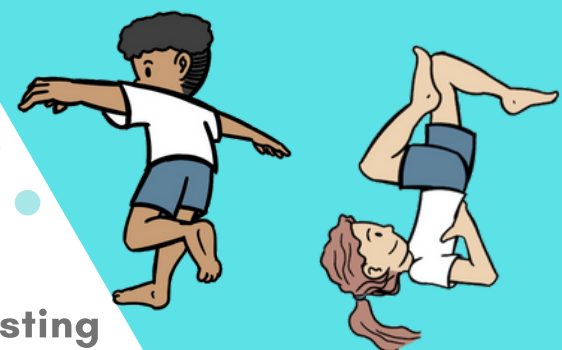
direction speed point balance



Year 2



link pathway sequence tuck
straddle speed star pike



Year 3

flow explore create
matching interesting control contrasting



Year 4

quality perform inverted
technique apparatus extension

Year 5

symmetrical rotation aesthetics canon
asymmetrical synchronisation progression



Year 6

momentum fluently stability
formation counter balance counter tension

Vocabulary Pyramid

Invasion Games



Get Set 4
Education

EYFS

pass

Games

team

Ball Skills

tag balance

Fundamentals

safely space

forwards backwards

defender points dribbling

attacker score partner

received send teammate chest pass

possession goal dodge bounce pass

receiver footwork rebound tracking

interception mark travelling playing area

outwit opposition opponent contact

pivot court field pitch

tactics control foul pressure onside

offside support obstruction

consecutive consistently dictate contest

formation conceding turnover shut down

Year 1

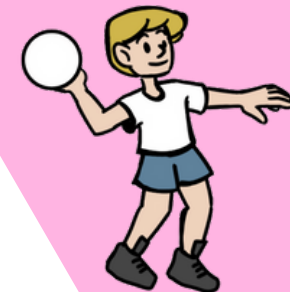
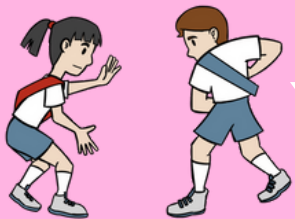
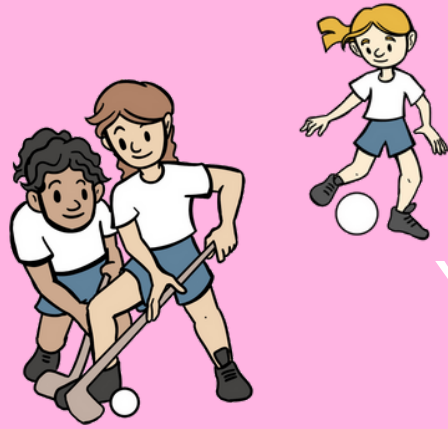
Year 2

Year 3

Year 4

Year 5

Year 6



Vocabulary Pyramid

Net and Wall Games



Get Set 4
Education

Games

Ball Skills

Fundamentals

team

space

catch throw

safely bounce

forward backward

EYFS

Year 1

ready position partner

net underarm score points

Year 2

receive quickly trap

defend return collect against

Year 3

serve accurately track

racket control rally opponent

Year 4

receiver backhand forehand

outwit

court

forehand

Year 5

volley

footwork

set

tactics

co-operatively

continuously

dig

Year 6

deep

forecourt

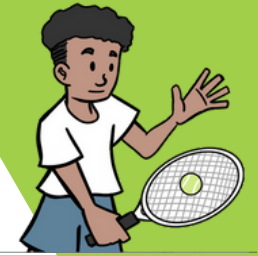
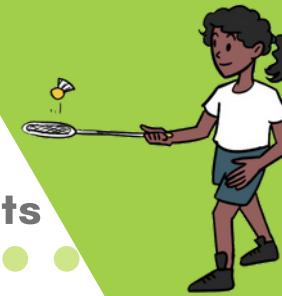
defensive

consecutive

consistently

backcourt

attacking



Vocabulary Pyramid

OAA



Get Set 4 Education



Year 1

EYFS

share

Introduction to PE

team path

Games

listen space

travel follow safely



Team Building

lead co-operate

teamwork solve instructions



Team Building

support successful

map direction communicate

KEEP GOING

Year 2

rules route trust

navigate grid discuss plan



Year 3

leader effectively symbol

inclusive orientate

Year 4

collaborate collective navigation

tactical control card orienteering



Year 5

location symbol strategy

boundaries critical thinking co-operatively

Year 6



Vocabulary Pyramid

Striking and Fielding

Games



EYFS

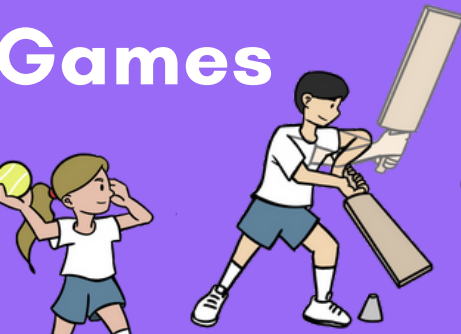
run **Games**

pass **Ball Skills**

roll **Fundamentals**

space

around



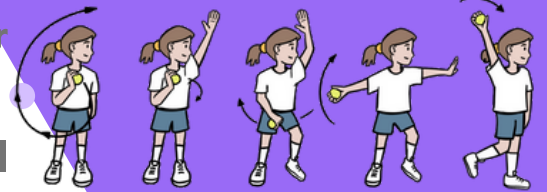
Year 1

forwards
backwards
hit points target
throw score catch



Year 2

fielder send teammate
runs batter received bowler



Year 3

strike grip rounder backstop bowl
post wicket batting wicket keeper fielding



Year 4

stance retrieve opposition stumped
two-handed pick up technique short barrier



Year 5

pressure backing up support
overtake tracking outwit tactics

Year 6

obstruction continuous drive hit
consecutive consistently co-operatively defensive hit



Vocabulary Pyramid

Swimming



Get Set 4
Education

Year 1

exit

enter front

travel rules

safely kicking back

Year 2

pulling splash unaided

gliding floating breathing

Year 3

sculling crawl breaststroke

submersion rotation backstroke

Year 4

stroke huddle alternate

survival treading water buoyancy

Year 5

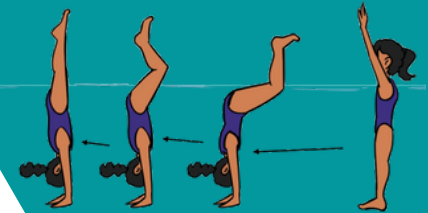
exhale flutter kick surface

somersault personal best inhale

Year 6

endurance propel continuous

streamline synchronised retrieve



Vocabulary Pyramid

Target Games



Get Set 4
Education



Games

Ball Skills

aim

space

team

pass

safely

balance

Year 1

points

throw

far

distance

score

partner

Year 2

accurate

send

teammate

against

overarm

release

target

underarm

Year 3

rules

dodge

drive

receiver

putt

court/course

block

Year 4

chipping

opponent

swing

communicate

protect

align

Year 5

tactics

officiate

fair play

par

hole

pressure

power

Year 6

support

cooperatively

tournament

hazard

consistently

sportsmanship

outwit

bunker



Vocabulary Pyramid



Get Set 4
Education

Yoga

Gymnastics

Fundamentals

EYFS

move

still

space

travel

shape

safely

Year 1

feel

breath

copy

listen

slowly

Year 2

focus

position

flow

pose

create

choose

Year 3

strength

relax

link

balance

flexibility

perform

technique

Year 4

gratitude

stable

control

grounded

mindfulness

well being

Year 5

quality

notice

calm

develop

high lunge

fluidity

Year 6

salutation

transition

aware

collaboratively

practice

connected

