

Vocabulary Pyramid

Athletics



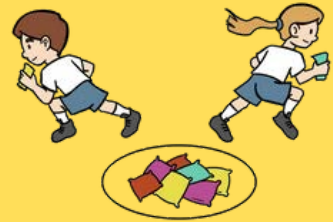
Get Set 4
Education

EYFS

Ball Skills

Games

Fundamentals



Year 1

push
stop
jump
space
forwards
balance

safely

backwards



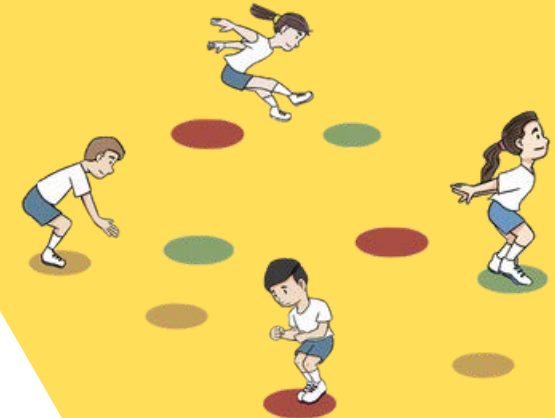
far hop aim

fast slow bend
improve direction travel



Year 2

sprint jog distance height
take off landing overarm underarm



Year 3

speed power strength accurately
higher pace control faster further

Year 4

power stamina officiate perseverance
determination accuracy personal best



Year 5

technique upsweep rhythm
downsweep flight stride



Year 6

rotation trajectory continuous pace
force compete 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

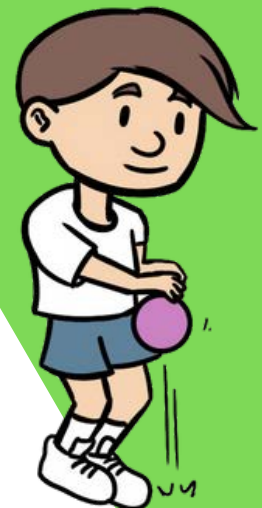
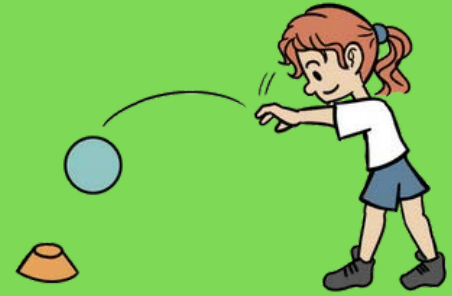
select

control

consistently

technique

persevere

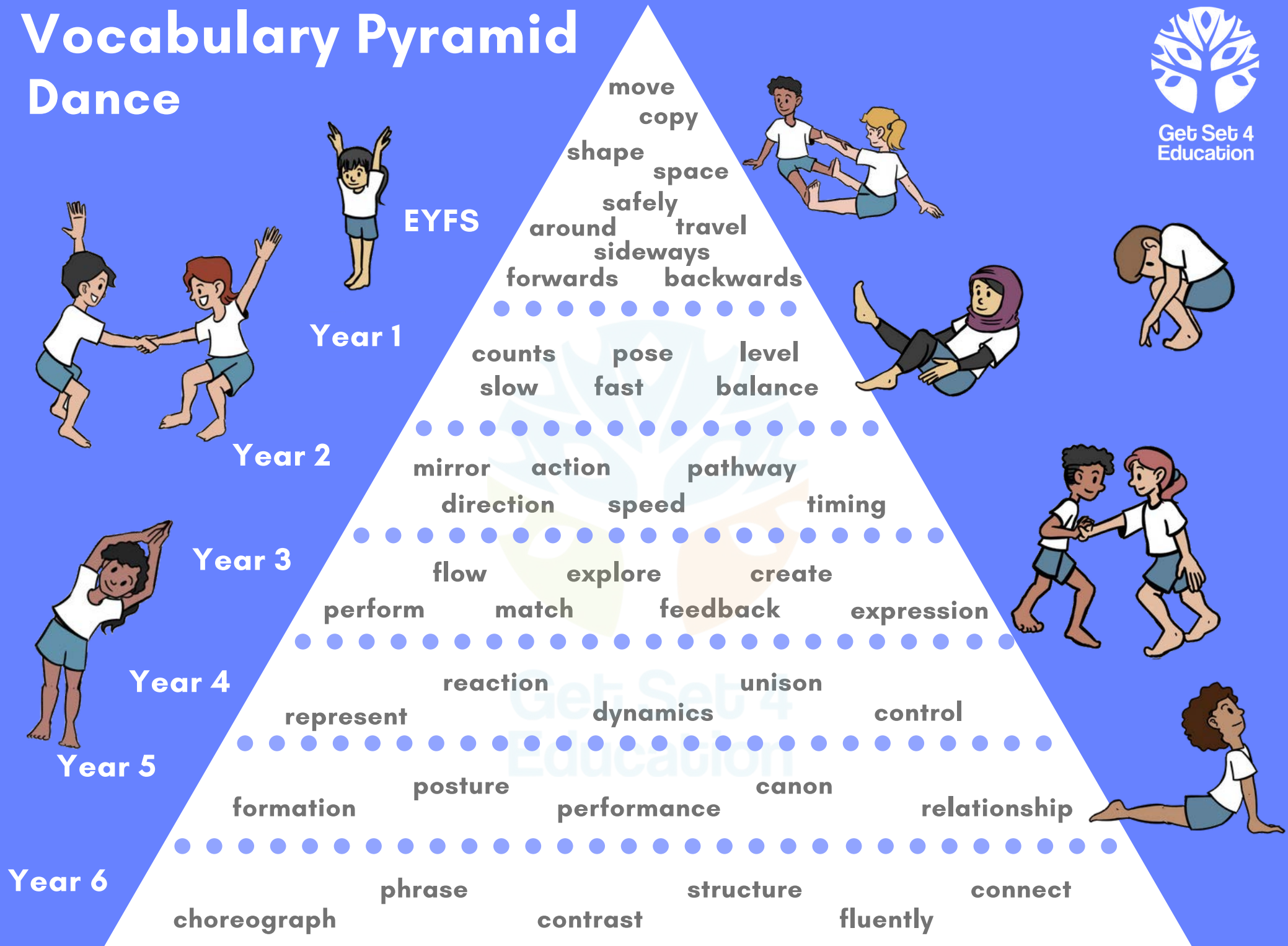


Vocabulary Pyramid

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

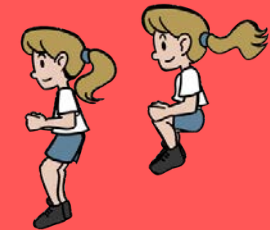
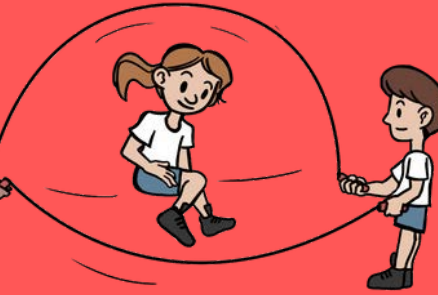
Year 2

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

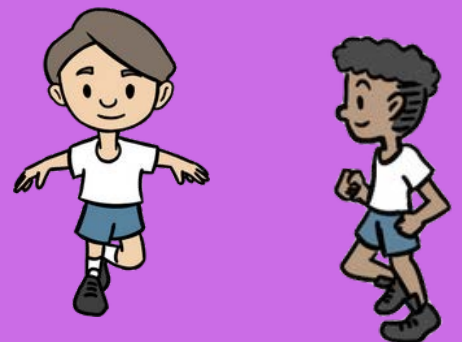
tension coordination rhythm

Year 3

momentum decelerate transfer

accelerate pace stability

Year 4



Vocabulary Pyramid

Gymnastics



Get Set 4
Education

EYFS



Year 1

move
copy
shape
rock
around
sideways
forwards

over
space
safely
travel
backwards



Year 2

action
direction

jump
speed

roll
point

level
balance

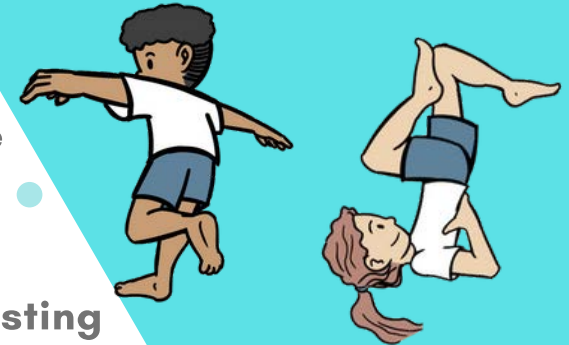


link
straddle

pathway
speed

sequence
star

tuck
pike



Year 3

flow
matching

explore
interesting

create
control

contrasting



Year 4

quality
technique

perform
apparatus

inverted
extension

Year 5

symmetrical
rotation

aesthetics
synchronisation

canon
progression



Year 6

momentum
formation

fluently
counter balance

stability
counter tension

Vocabulary Pyramid

Invasion Games



Get Set 4
Education

EYFS

Games

Ball Skills

Fundamentals

Year 1



Year 2

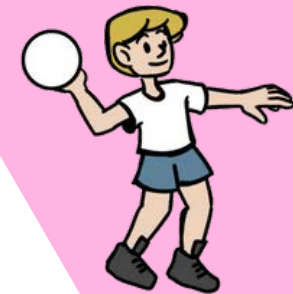
pass
team
tag balance
safely space
forwards backwards
defender points dribbling
attacker score partner



Year 3



received send teammate chest pass
possession goal dodge bounce pass
receiver footwork rebound tracking
interception mark travelling playing area



Year 4

outwit opposition opponent contact
pivot court field pitch

Year 5

tactics control foul pressure onside
offside support obstruction



Year 6

consecutive consistently dictate contest
formation conceding turnover shut down

Vocabulary Pyramid

Net and Wall Games



Get Set 4 Education

Games

Ball Skills

Fundamentals

EYFS

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

team

space

catch throw

safely bounce

forward backward

ready position partner

net underarm score points

receive quickly trap

defend return collect against

serve accurately track

racket control rally opponent

receiver backhand forehand

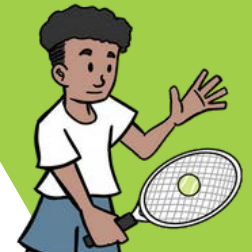
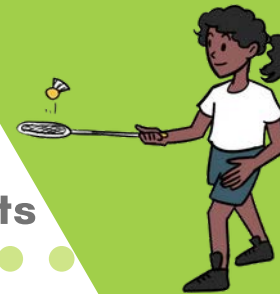
outwit court

volley footwork set

tactics co-operatively continuously dig

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

backwards

Year 1

forwards
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

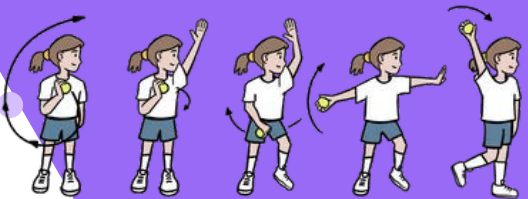
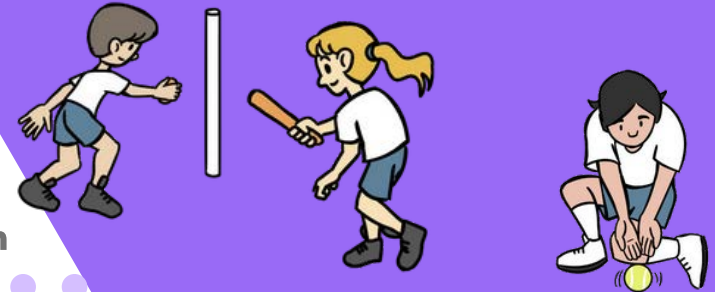
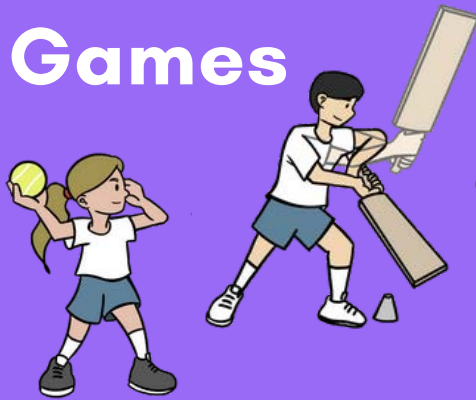
pressure backing up support

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

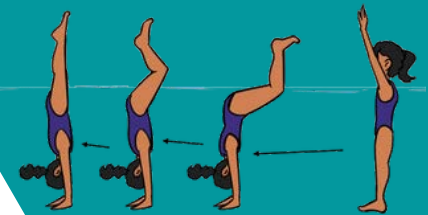
exhale flutter kick surface

somersault personal best inhale

Year 6

endurance propel continuous

streamline synchronised retrieve



Vocabulary Pyramid

Target Games



Get Set 4
Education



EYFS

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

Games

Ball Skills



aim

space

team

pass

safely

balance

points

throw

far

distance

score

partner

accurate

send

teammate

against

overarm

release

target

underarm

rules

dodge

drive

receiver

putt

court/course

block

chipping

opponent

swing

communicate

protect

align

tactics

officiate

fair play

par

hole

pressure

power

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

