

Vocabulary Pyramid

Athletics



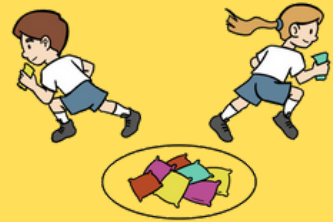
Get Set 4
Education

EYFS

Ball Skills

Games

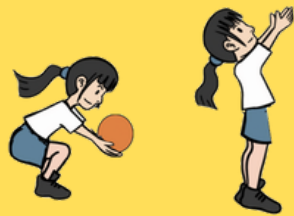
Fundamentals



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

speed
higher
power
pace
strength
control
faster
further
accurately



Year 3

power
determination
stamina
accuracy
officialiate
perseverance
personal best

technique
downsweep
upsweep
flight
rhythm
stride



Year 4

Year 5

rotation
force
trajectory
compete
continuous pace
momentum
transfer of weight



Year 6

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

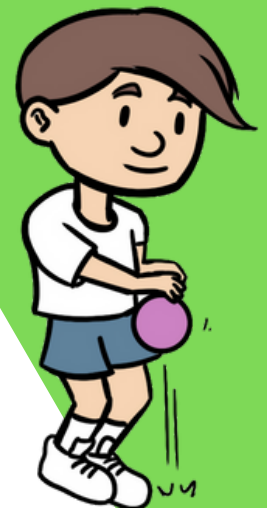
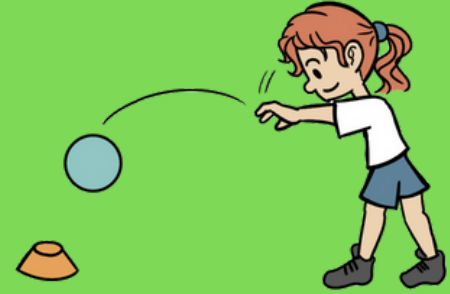
select

control

consistently

technique

persevere

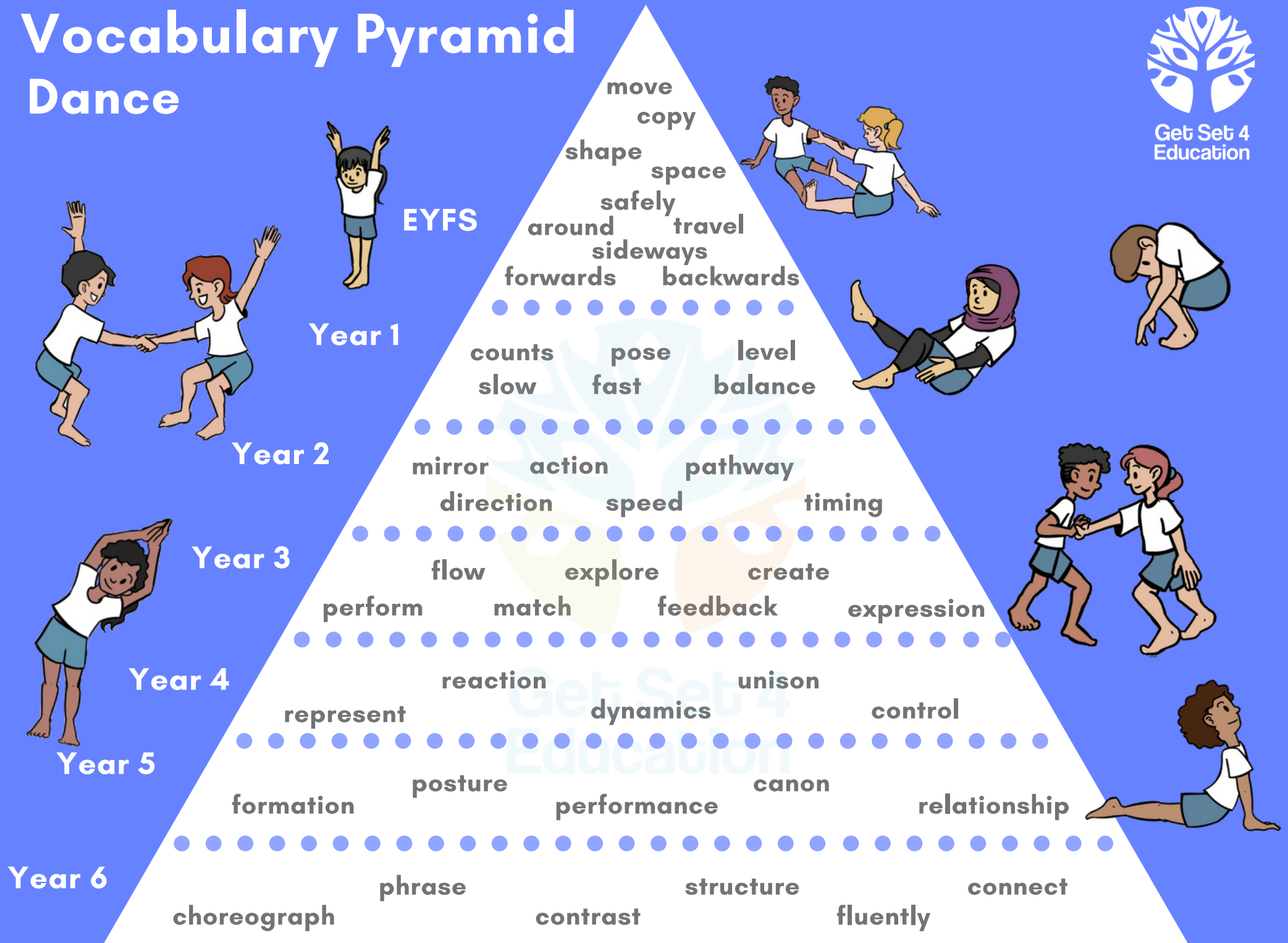


Vocabulary Pyramid

Dance



Get Set 4
Education



Vocabulary Pyramid

Fitness



Get Set 4
Education

EYFS

push **Gymnastics**

stop **Fundamentals**

space jump

balance safely

Year 1

exercise heart lungs

body mood

Year 2

strong pace race

speed jog steady sprint

Year 3

strength accurately

distance balance control

Year 4

technique co-ordination healthy

progress muscle stamina

Year 5

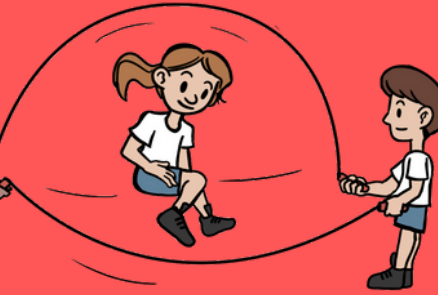
technique momentum rhythm

agility drive power

Year 6

generate force measure analyse

continuous flexibility record



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

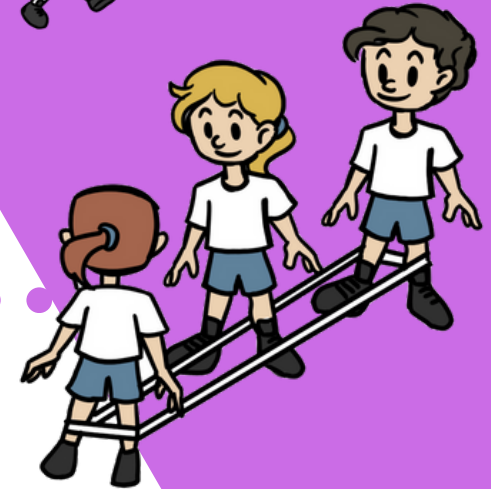
distance technique control

tension coordination rhythm

Year 3

momentum decelerate transfer

accelerate pace stability



Year 4

Vocabulary Pyramid

Gymnastics



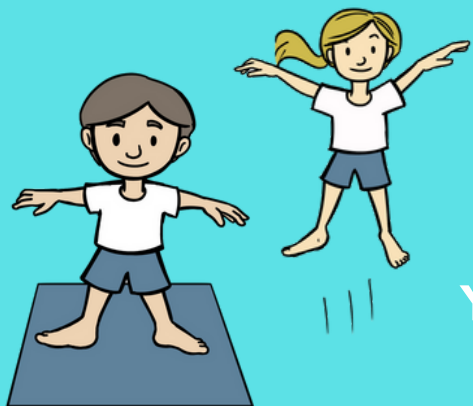
Get Set 4
Education

EYFS



move
copy
shape
rock
around
sideways
forwards

over
space
safely
travel
backwards



Year 1

action jump roll level

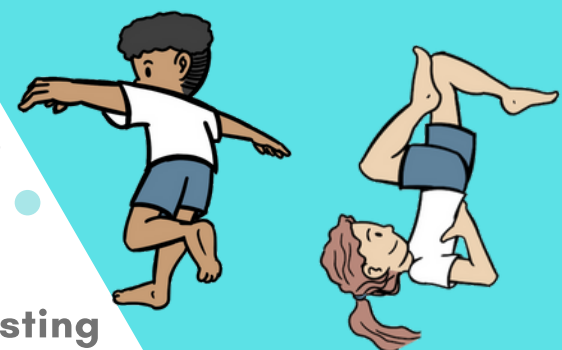
direction speed point balance



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

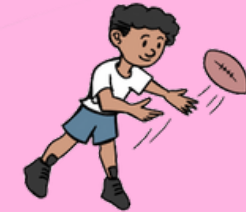
EYFS

Games

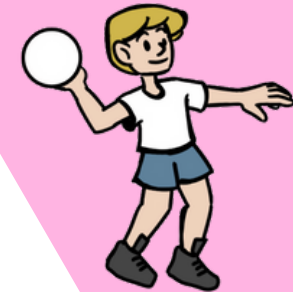
Ball Skills

Fundamentals

Year 1



Year 2



Year 3

Year 4

Year 5

Year 6

pass

team

tag balance

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



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

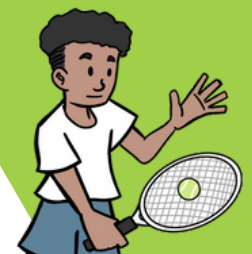
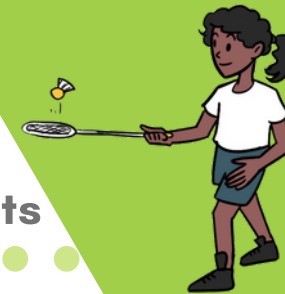
outwit court

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

forwards backwards

Year 1

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

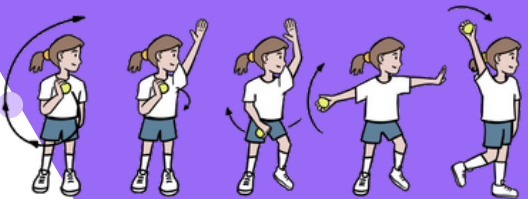
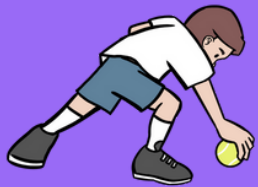
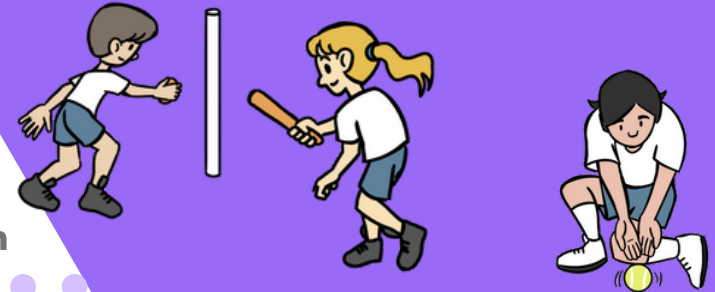
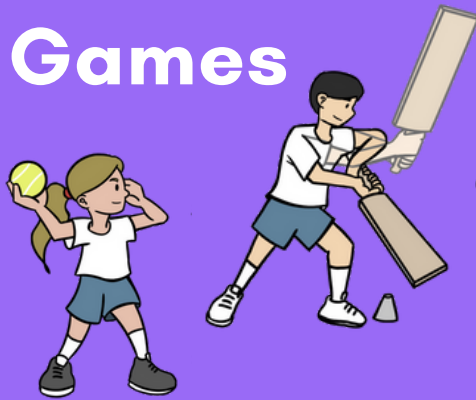
pressure backing up support

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

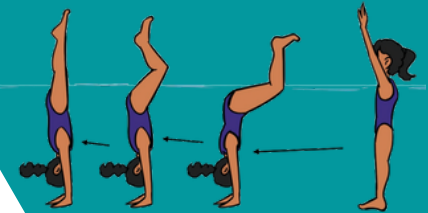
exhale flutter kick surface

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

aim

space

team

pass

balance

points

distance

accurate

overarm

receiver

communicate

tactics

par

support

consistently

aim

space

team

pass

balance

points

distance

accurate

overarm

receiver

communicate

tactics

par

support

consistently

team

safely

throw

score

send teammate

release target

dodge

putt

chipping opponent

protect

officiate

hole

cooperatively

pressure

tournament

sportsmanship

Games

Ball Skills

far

partner

against

underarm

drive

court/course

block

swing

align

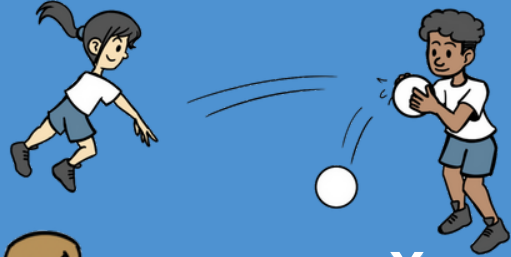
fair play

power

hazard

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

try

link

perform

flexibility

perform

technique

Year 4

relax

stable

control

grounded

mindfulness

down dog

Year 5

quality

notice

calm

develop

high lunge

fluidity

Year 6

salutation

transition

aware

collaboratively

practice

connected

