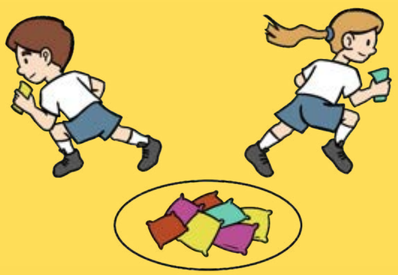
# Vocabulary Pyramid Athletics

Get Set 4 P.E.

## EYFS

push
stop
jump
space
forwards safely
balance backwards

Ball Skills
Games
Fundamentals





## Year 1

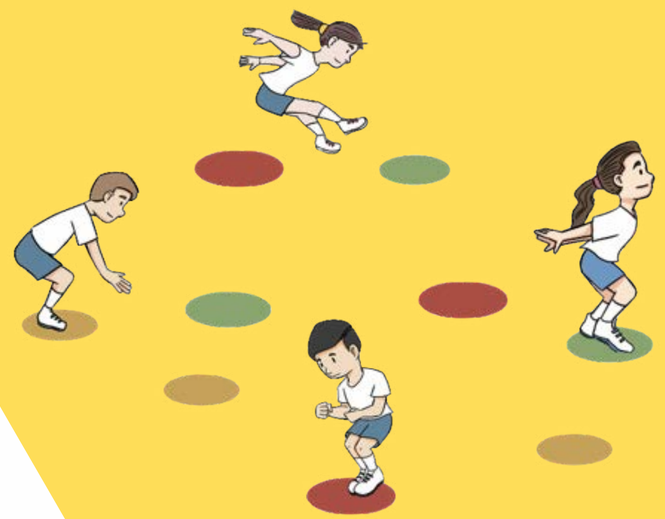
far hop aim
fast slow bend
improve direction travel





## 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 P.E.





## EYFS

run

stop

throw

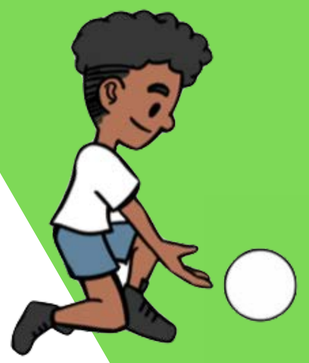
roll team

kick space catch

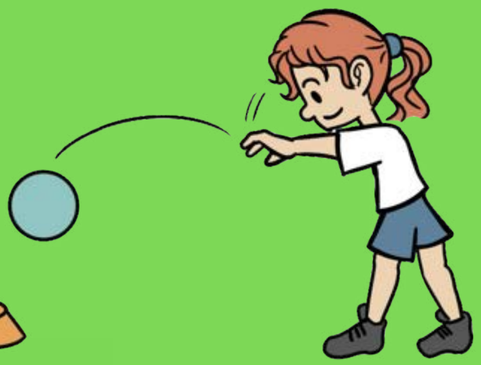
## Year 1

far aim safely

direction balance send







## Year 2

overarm collect target

underarm dribble distance





## Year 3

track receive chest

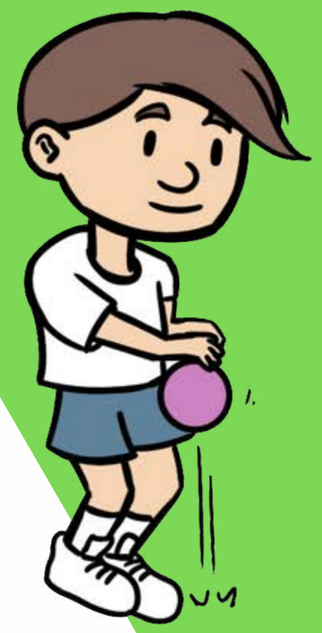
shoulder overhead accurate



## Year 4

release select control

consistently technique persevere



# Vocabulary Pyramid

## Dance



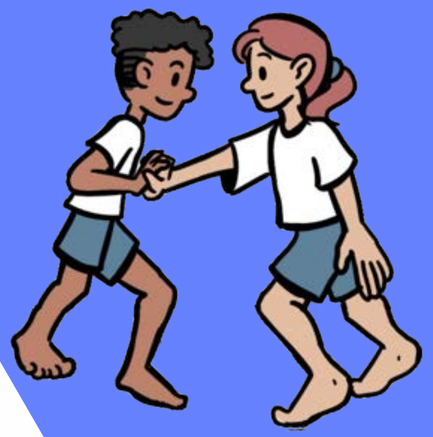














EYFS

move
copy
shape
space
safely
around
travel
sideways
forwards
backwards

Year 1

counts
pose
level
slow
fast
balance

Year 2

mirror
action
pathway
direction
speed
timing

Year 3

flow
explore
create
perform
match
feedback
expression

Year 4

reaction
unison
represent
dynamics
control

Year 5

posture
canon
formation
performance
relationship

Year 6

phrase
structure
connect
choreograph
contrast
fluently

Get Set 4 P.E.

# Vocabulary Pyramid Fitness

Get Set 4 P.E.

## EYFS



push

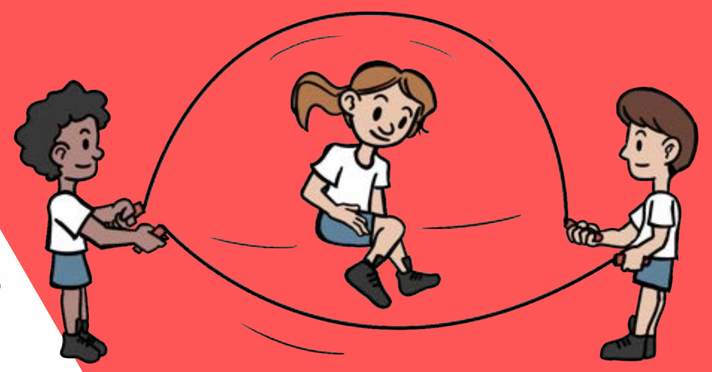
stop

space jump

balance safely

Gymnastics

Fundamentals



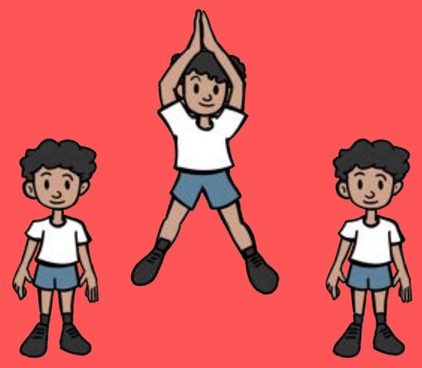
## Year 1

heart

exercise lungs

mood

body



## Year 2

strong pace race

speed jog steady sprint







## Year 3

strength accurately

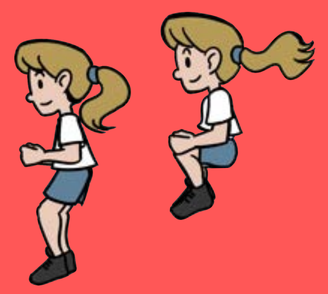
distance balance control



## Year 4

technique co-ordination healthy

progress muscle stamina





## Year 5

technique rhythm

momentum

agility drive power

## Year 6

generate force measure analyse

continuous flexibility record

# Vocabulary Pyramid Fundamentals EYFS

Get Set 4 P.E.



















**Year 1**

run

stop

space jump

balance skip

**Year 2**

fast hop slow

direction land safely

dodge jog hurdle

speed steady sprint

**Year 3**

distance technique control

tension coordination rhythm

**Year 4**

momentum decelerate transfer

accelerate pace stability

# Vocabulary Pyramid
## Gymnastics





Get Set 4 P.E.

**EYFS**

move
copy
over
shape
space
rock
safely
around
travel
sideways
backwards
forwards





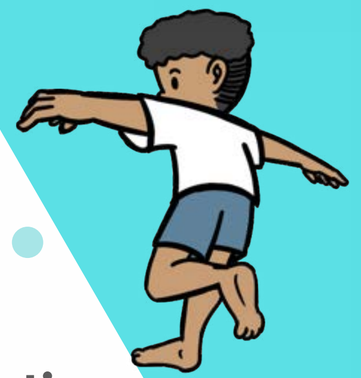
**Year 1**

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

Get Set 4 P.E.

# Vocabulary Pyramid
## Invasion Games

Get Set 4 P.E.





**EYFS**

**Year 1**

pass

team

tag balance

safely space

forwards backwards

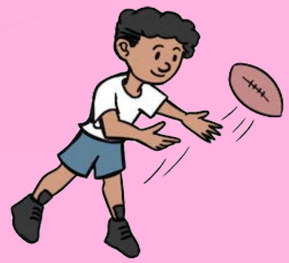
**Games**

**Ball Skills**

**Fundamentals**







defender points dribbling

attacker score partner

**Year 2**

received send teammate chest pass

possession goal dodge bounce pass

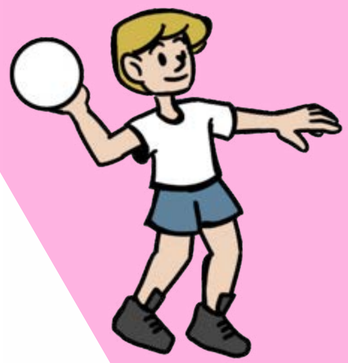




**Year 3**

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

Games

Ball Skills

Fundamentals

EYFS

team

space

catch throw

safely bounce

forward backward

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

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

Introduction to PE

Games

EYFS

share

team path

listen space

travel follow safely



Year 1

lead co-operate

teamwork solve instructions




Year 2

support successful

map direction communicate







Year 3

rules route trust

navigate grid discuss plan

Year 4

leader effectively symbol

inclusive orientate



Year 5

collaborate collective navigation

tactical orienteering

control card



Year 6

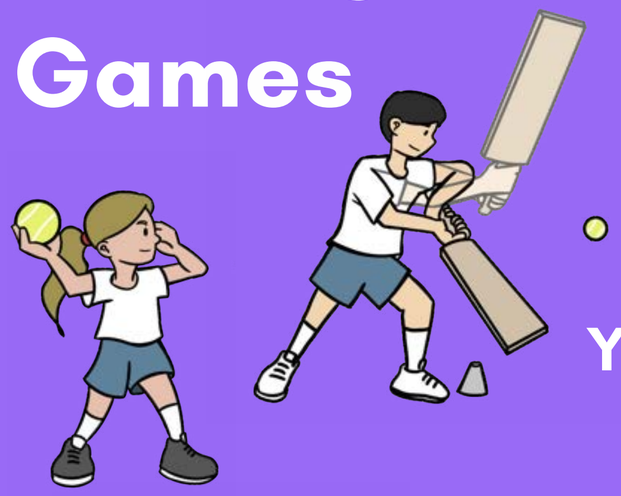
location symbol strategy

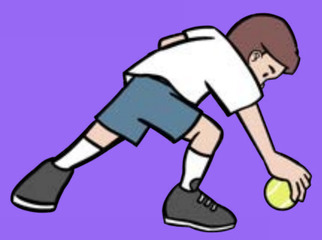
boundaries critical thinking co-operatively

Get Set 4 P.E.

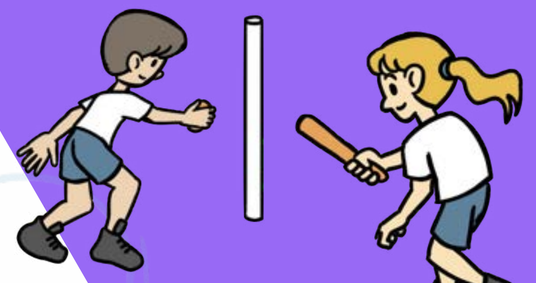
# Vocabulary Pyramid
## Striking and Fielding Games

Get Set 4 P.E.

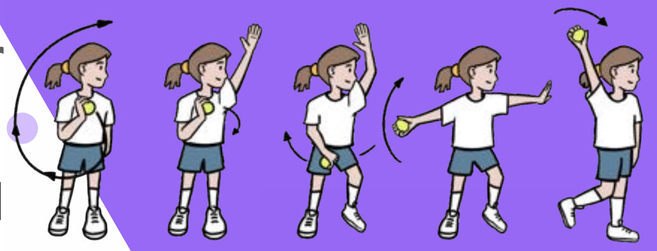
















**Games**

**Ball Skills**

**Fundamentals**

**EYFS**

run
pass
roll
team
space
safely
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**

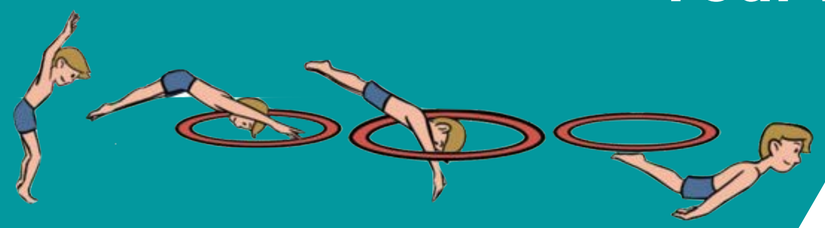
pressure
backing up
support
overtake
tracking
outwit
tactics

**Year 6**

obstruction
continuous
drive hit
consecutive
consistently
co-operatively
defensive hit

# Vocabulary Pyramid Swimming

Get Set 4 P.E.



## 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

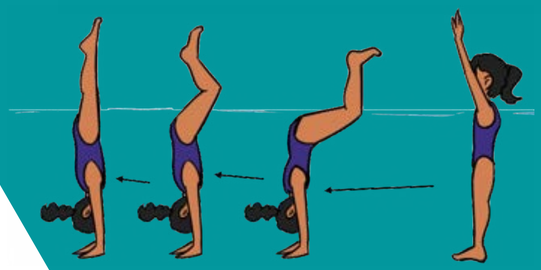




## Year 5

exhale flutter kick surface

somersault personal best inhale

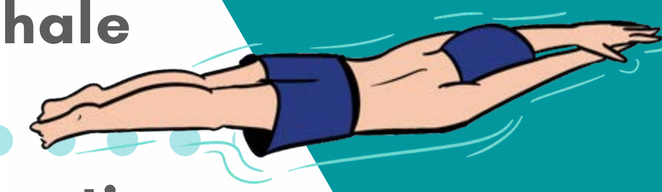




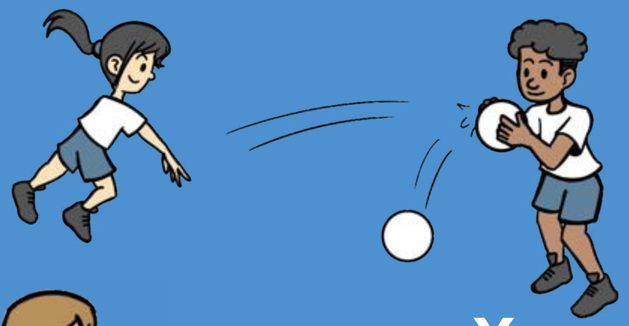
## Year 6

endurance propel continuous

streamline synchronised retrieve



# Vocabulary Pyramid
# Target Games











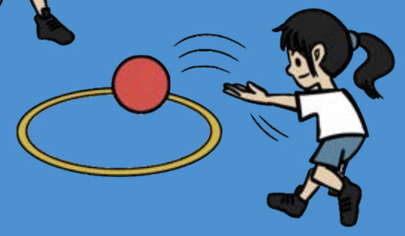














Games

Ball Skills

EYFS

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

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

Get Set 4 P.E.

# Vocabulary Pyramid

## Yoga





EYFS

move

still

space

travel

shape

safely

Gymnastics

Fundamentals







Year 1

feel

breath

copy

listen

slowly



Year 2

focus

position

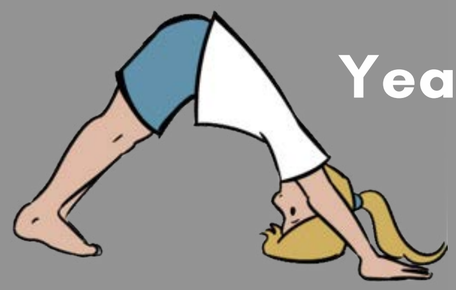
flow

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

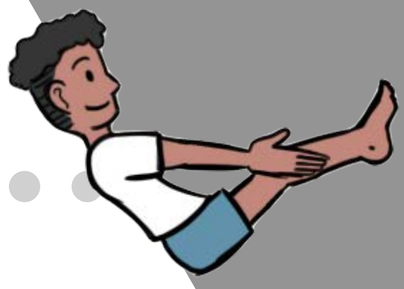
calm

high lunge

fluidity

develop





Year 6

salutation

transition

aware

collaboratively

practice

connected

Get Set 4 P.E.