

# Vocabulary Pyramid Athletics



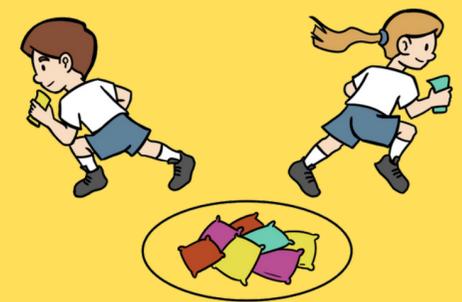
EYFS

Ball Skills

Games

Fundamentals

Year 1



Push  
Stop  
Jump  
Space  
Forwards  
Balance  
Far  
Fast  
Improve

Safely  
Backwards  
Hop  
Slow  
Direction  
Travel

Aim  
Bend



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

Officiate  
Personal Best

Perseverance

Year 5

Technique  
Downsweep

Upsweep  
Flight

Rhythm  
Stride



Year 6

Rotation  
Force

Trajectory  
Compete

Continuous  
Momentum

Pace  
Transfer of Weight

# Vocabulary Pyramid

## Ball Skills



Year 2



Year 3

Year 4



Year 1

EYFS

Run

Stop

Throw

Roll

Team

Kick

Space

Catch

Far

Aim

Safely

Direction

Balance

Send

Overarm

Collect

Target

Underarm

Dribble

Distance

Track

Receive

Chest

Shoulder

Overhead

Accurate

Release

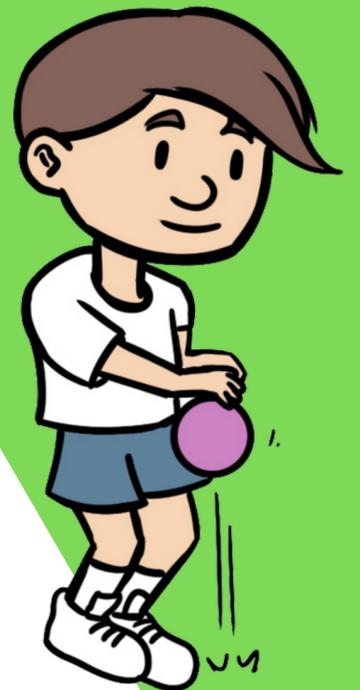
Select

Control

Consistently

Technique

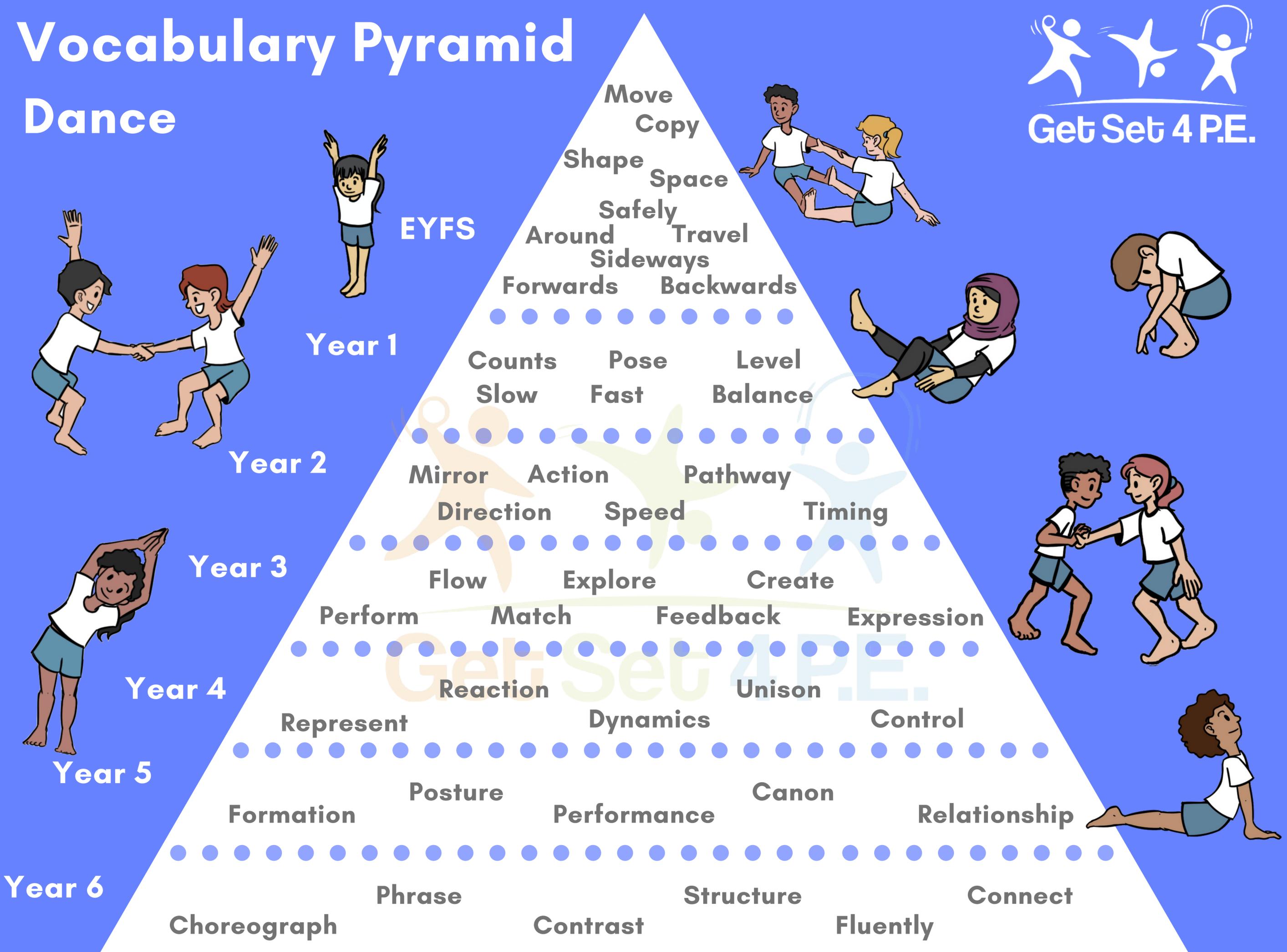
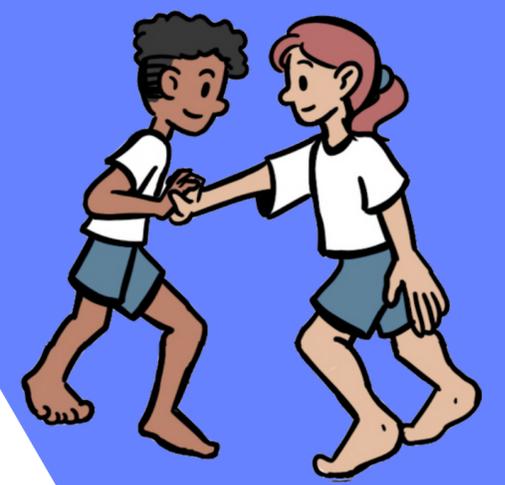
Persevere



Get Set 4 P.E.

# Vocabulary Pyramid

## Dance



Year 1

Year 2

Year 3

Year 4

Year 5

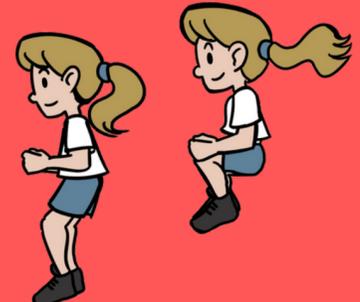
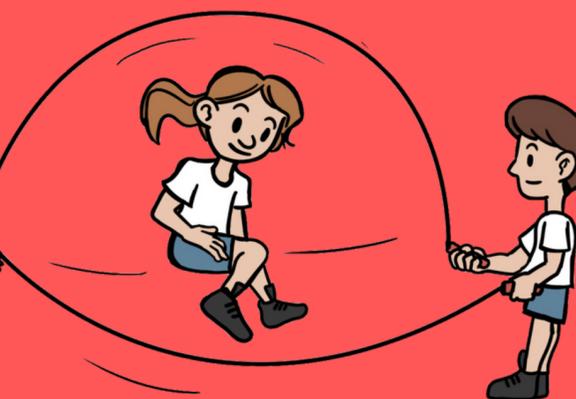
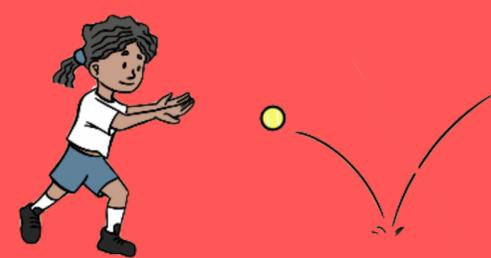
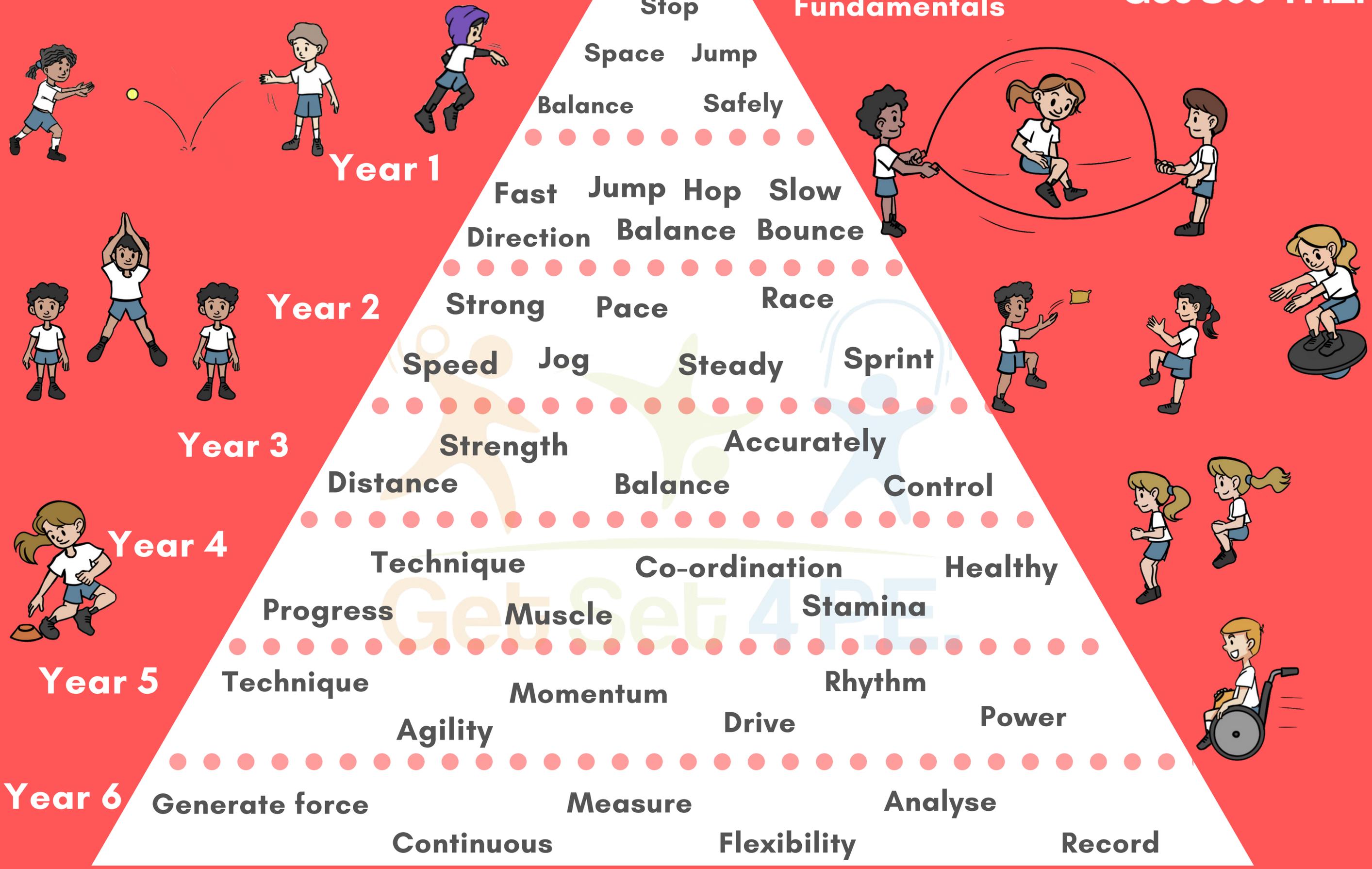
Year 6

# Vocabulary Pyramid

## Fitness



Get Set 4 P.E.

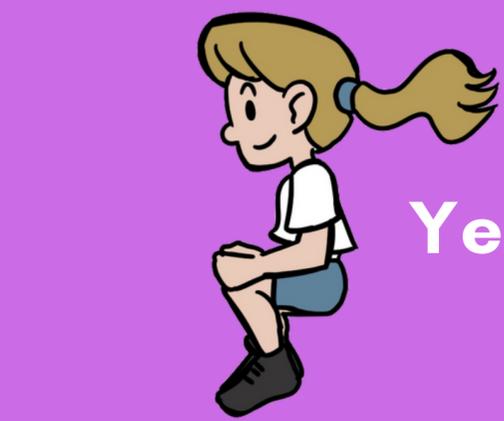


# Vocabulary Pyramid

## Fundamentals



Year 1

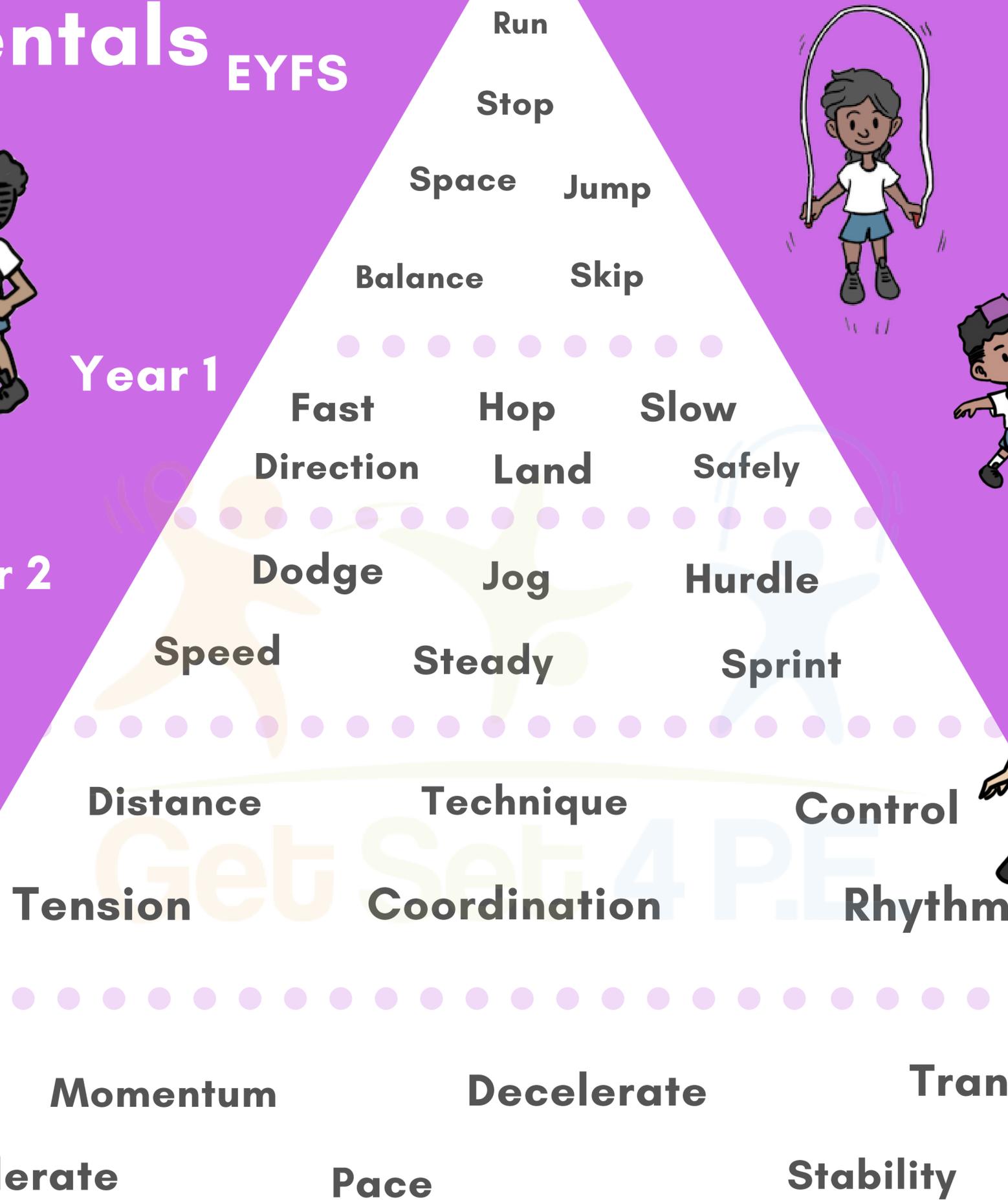


Year 2



Year 3

Year 4

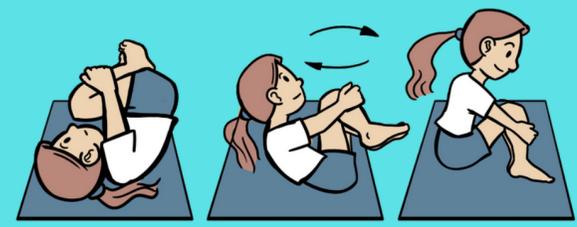


# Vocabulary Pyramid

## Gymnastics



Get Set 4 P.E.



Year 1

EYFS



Year 2



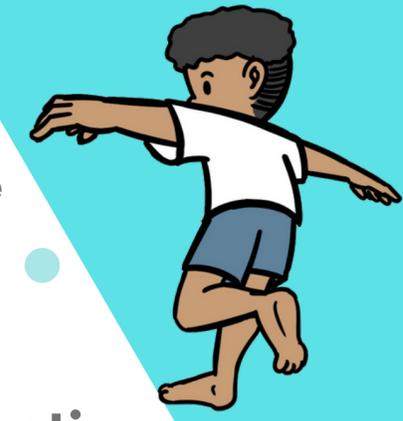
Year 3

Year 4

Year 5

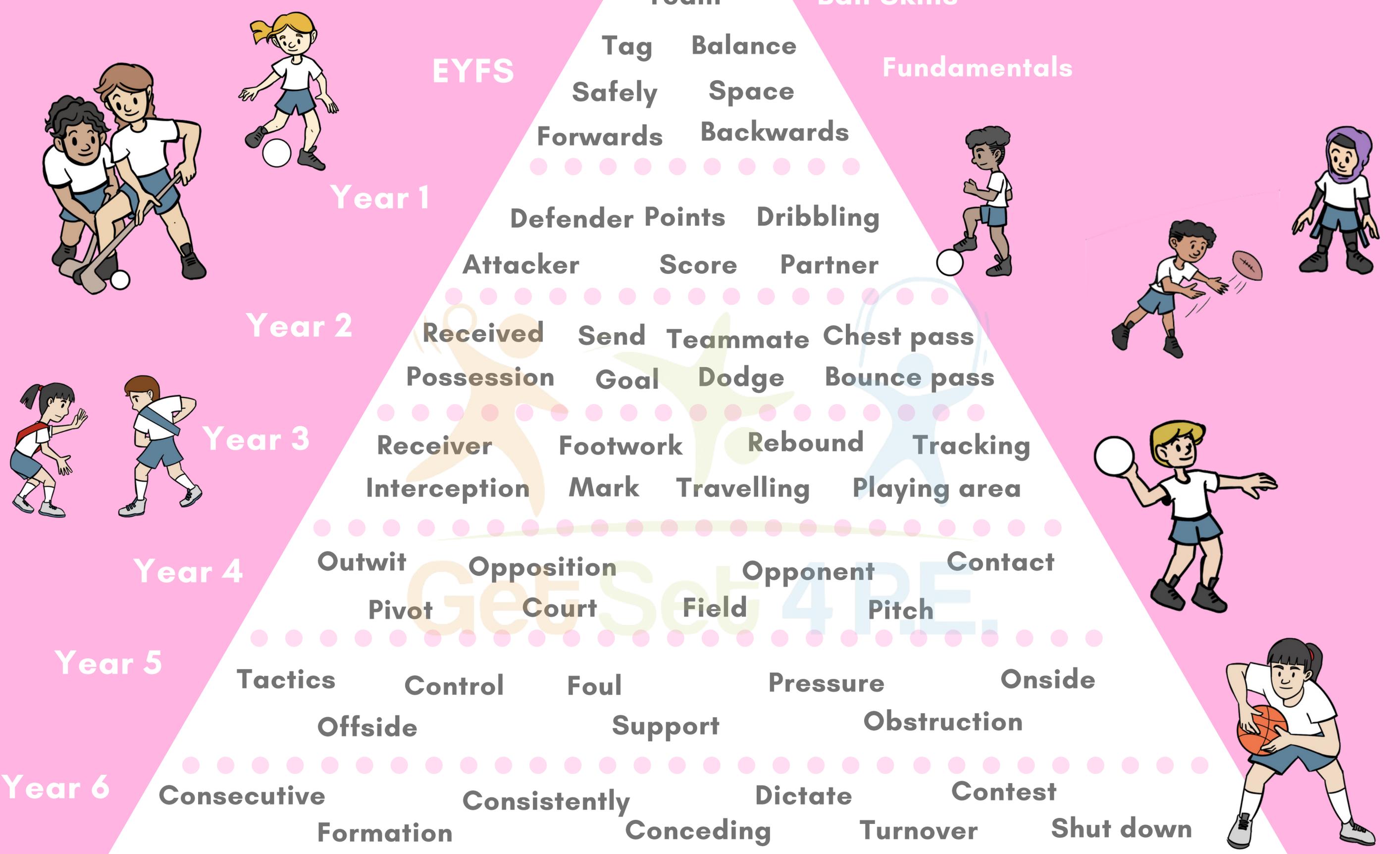
Year 6

Move  
 Copy  
 Shape Over  
 Rock Space  
 Around Safely  
 Sideways Travel  
 Forwards Backwards  
 Action Jump Roll Level  
 Direction Speed Point Balance  
 Link Pathway Sequence Tuck  
 Straddle Speed Star Pike  
 Flow Explore Create  
 Matching Interesting Control Contrasting  
 Quality Perform Inverted  
 Technique Apparatus Extension  
 Symmetrical Rotation Aesthetics Canon  
 Asymmetrical Synchronisation Progression  
 Momentum Fluently Stability  
 Formation Counter balance Counter tension



# Vocabulary Pyramid

## Invasion Games



# Vocabulary Pyramid

## Net and Wall Games



Get Set 4 P.E.



Year 1

EYFS

Team

Games

Space

Ball Skills

Catch Throw

Fundamentals

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

Footwork

Set

Volley

Co-operatively

Continuously

Dig

Tactics

Deep

Forecourt

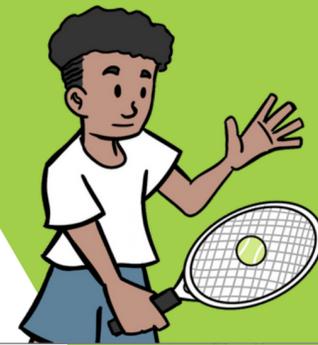
Defensive

Consecutive

Consistently

Backcourt

Attacking



Year 3

Year 4

Year 5

Year 6

# Vocabulary Pyramid

OAA



Get Set 4 P.E.



Year 1

EYFS

Share

Introduction to PE

Team Path

Games



Listen Space

Travel Follow Safely

Lead Co-operate

Teamwork Solve Instructions



Support Successful

Map Direction Communicate



Rules Route Trust

Navigate Grid Discuss Plan



Year 3

Leader Effectively Symbol

Inclusive Orientate



Year 5

Collaborate Collective Navigation

Tactical Control Card Orienteering



Year 6

Location Symbol Strategy

Boundaries Critical Thinking Co-operatively

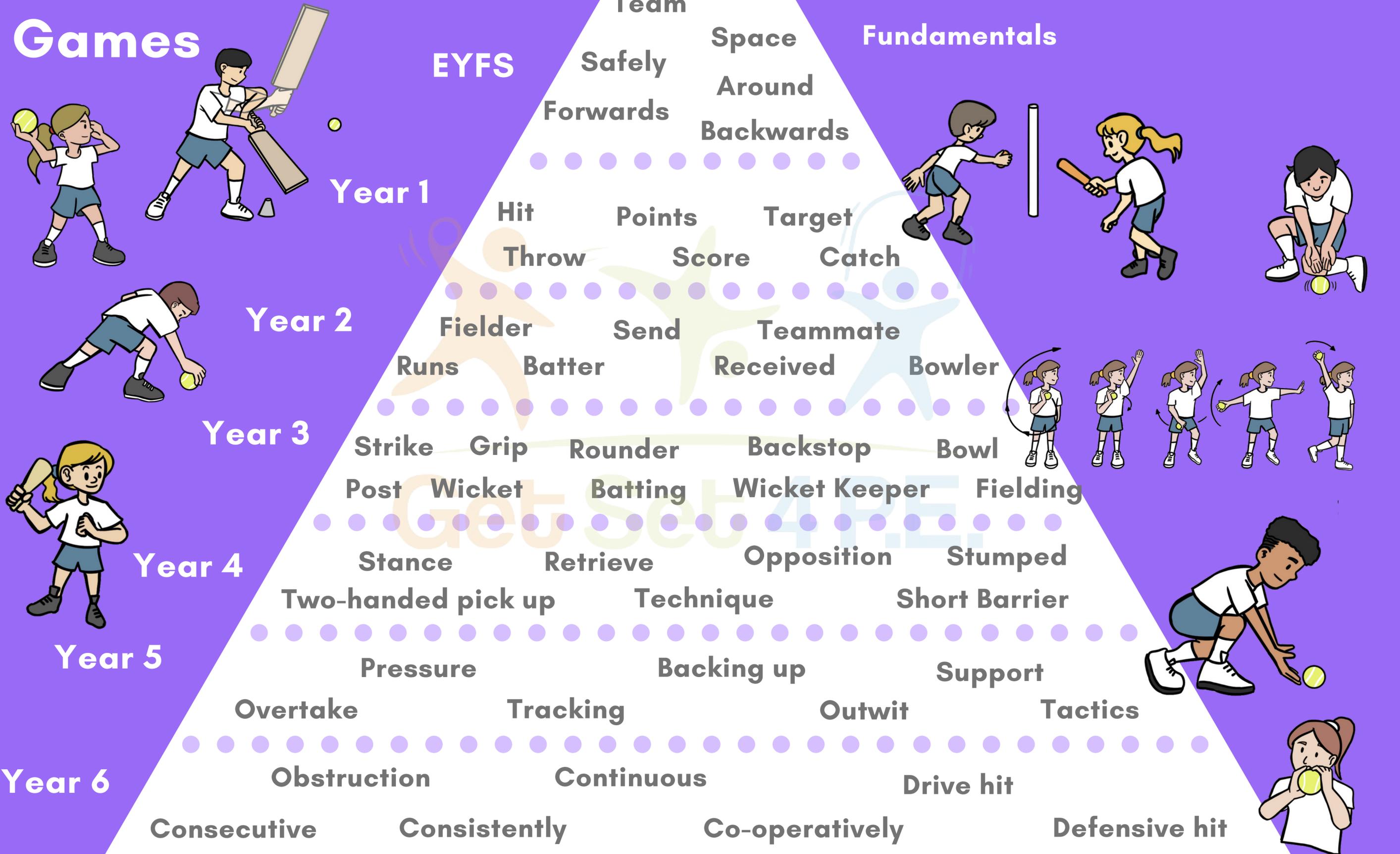
# Vocabulary Pyramid

## Striking and Fielding

### Games

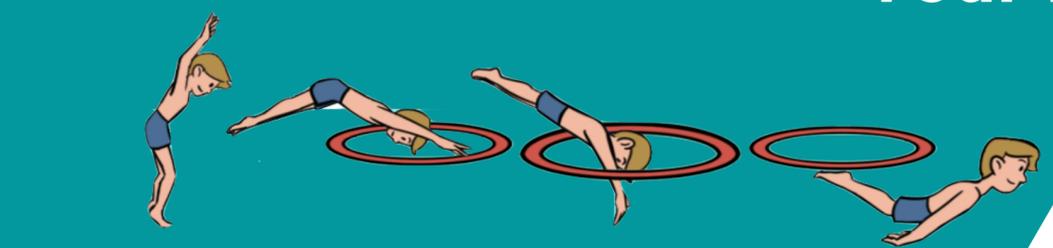


Get Set 4 P.E.



# Vocabulary Pyramid

## Swimming



Year 1

Exit  
 Enter Front  
 Travel Rules  
 Safely Kicking Back



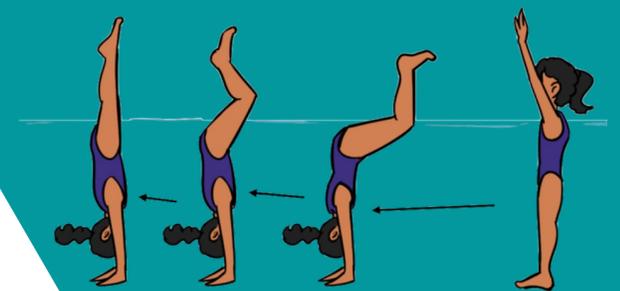
Year 2

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

Inhale



Year 6

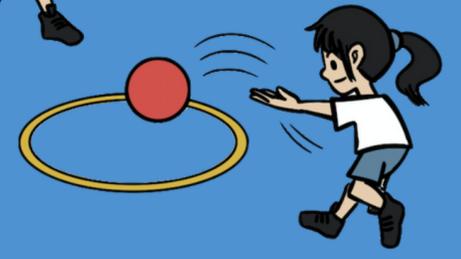
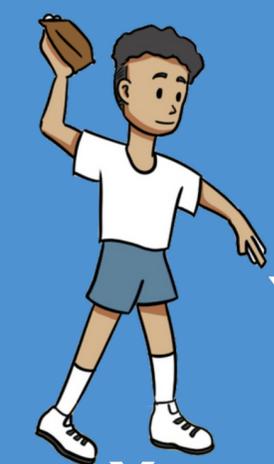
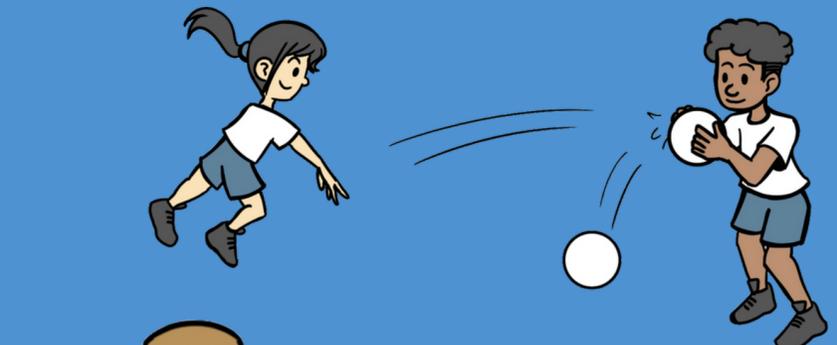
Somersault Personal Best  
 Endurance Propel Continuous  
 Streamline Synchronised Retrieve

# Vocabulary Pyramid

## Target Games



Get Set 4 P.E.



**EYFS**

**Year 1**

**Year 2**

**Year 3**

**Year 4**

**Year 5**

**Year 6**

Aim

Space

Team

Pass

Balance

Points

Distance

Accurate

Overarm

Rules

Receiver

Communicate

Tactics

Par

Support

Consistently

Aim

Space

Team

Pass

Balance

Points

Distance

Accurate

Overarm

Rules

Receiver

Communicate

Tactics

Par

Support

Consistently

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Space

Team

Pass

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Communicate

Tactics

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Consistently

Aim

Space

Team

Pass

Balance

Points

Distance

Accurate

Overarm

Rules

# Vocabulary Pyramid



Get Set 4 P.E.

## Yoga

## Gymnastics



### EYFS

Move

Fundamentals

Still

Space

Travel

Shape

Safely

### Year 1

Feel

Breath

Copy

Listen

Slowly



### Year 2

Focus

Position

Flow

Pose

Create

Choose



### Year 3

Strength

Try

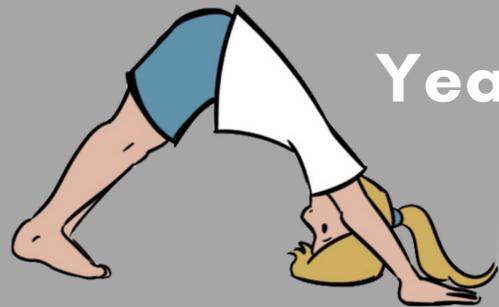
Link

Perform

Flexibility

Perform

Technique



### Year 4

Relax

Stable

Control

Grounded

Mindfulness

Down Dog



### Year 5

Quality

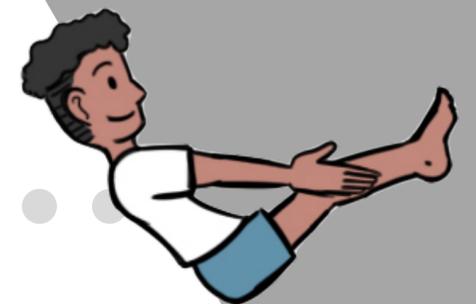
Notice

Calm

Develop

High lunge

Fluidity



### Year 6

Salutation

Transition

Aware

Collaboratively

Practice

Connected