Vocabulary Pyramid

Athletics





Y6

maximum, pattern, fling, meet, strategy, phase, stance, explosive, rhythm, grip, release, discus

Y5

consistent, approach, dominant, force, changeover, momentum, shot put, javelin, track, drive, field

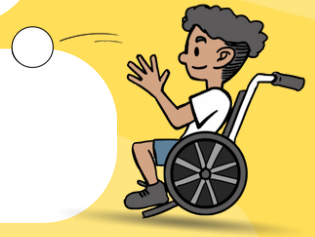
Y4

stamina, stride, measure, launch, officiate, pace, transfer of weight, heave, official, record

Y3

personal best, relay, accuracy, technique, baton, strength, speed, power, event





Y2

sprint, landing, aim, distance, height, far, take off

Y1

walk, quickly, underarm, further, time, leap, overarm, control

EYFS

balance, fast, jog, run, slow, target, bend, hop, land, safe, space, throw, direction, jump, rules, safely, stop

- Ball Skills
- Fundamentals
- Games

© Copyright Get Set 4 Education Ltd.

Vocabulary Pyramid

Ball Skills





Y4
cushion react decision pressure momentum

Y3
power opponent possession technique block personal best accurate



Y2
collect release receive prepare touch

Y1
ready position soft swing track underarm control



EYFS
dribbling catch hit partner ready run target bounce ball kick points roll score throw

© Copyright Get Set 4 Education Ltd.

Vocabulary Pyramid

Dance





Y6
aesthetic, freeze frame, mood, inspiration, style, rehearse, express, refine, stimulus

Y5
choreograph, collaboratively, motif, quality, choreography, genre, posture, transition

Y4
action and reaction, phrase, relationship, rhythm, flow, order, performance, represent, structure



Y3
canon, extend, formation, explore, feedback, interact



Y2
dynamics, matching, perform, unison, expression, mirroring, speed, create

Y1
balance, copy, level, pose, beat, fast, pathway, timing

EYFS
action, direction, high, move, shape, space, travel, counts, finish position, low, quickly, slowly, start position

© Copyright Get Set 4 Education Ltd.

Vocabulary Pyramid

Fitness







Y6

analyse, engage, calves, measure, abdonimals, quadriceps

Y5

drive, consistent, persevere, stable, rhythm, motivate, power

Y4

record, react, static, accelerate, decelerate, dynamic

Y3

agility, control, stamina, technique, co-ordination, progress, strength



Y2

sprint, speed, steady, time, tired



Y1

active, calm, heart, muscles, strong, brain, exercise, memory, bones, breathing, healthy, mood, quick

EYFS

balance, fast, jump, safely, still, stop, bend, hold, land, slow, space, copy, hop, run, squeeze, travel

- Gymnastics
- Fundamentals

© Copyright Get Set 4 Education Ltd.

Vocabulary Pyramid

Fundamentals





Y4

momentum accelerate react
stability decelerate

Y3

co-ordination rhythm
agility control technique



Y2

sprint weight take off hurdle speed



Y1

dodge jog skip swing ready position

EYFS

balance direction jump run slow travel
bend hop land safely space
crawl fast rules slide stop

© Copyright Get Set 4 Education Ltd.

Vocabulary Pyramid

Gymnastics





Y6
aesthetics, competent, engage, execution, contrasting, progression, flight, handstand, formation, refine, counter tension, counter balance, structure, vault

Y5
decide, canon, cartwheel, extension, mirroring, observe, asymmetrical, identify, performance, quality, transition, stable, symmetrical, synchronisation

Y4
bridge, inverted, perform, shoulder stand, wrist grip, fludily, momentum, rotation, stability



Y3
body tension, extend, landing position, point, contrast, flow, match, patch, take off



Y2
link, pathway, pike, sequence, straddle, tuck

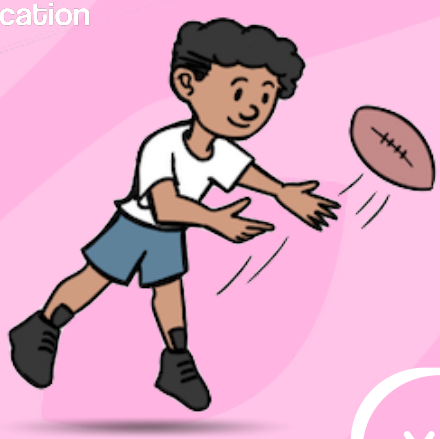
Y1
action, control, direction, level, speed

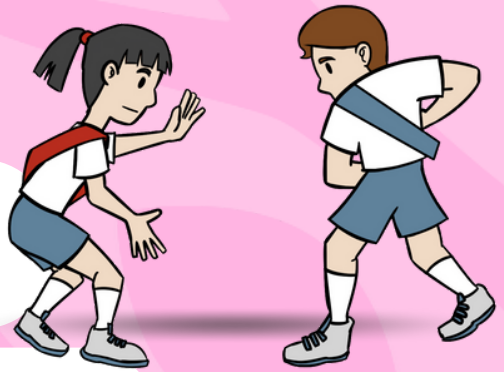
EYFS
around, balance, bend, copy, hold, jump, land, over, rock, roll, shape, squeeze, star, still, straight, through, travel

© Copyright Get Set 4 Education Ltd.

Vocabulary Pyramid

Invasion Games

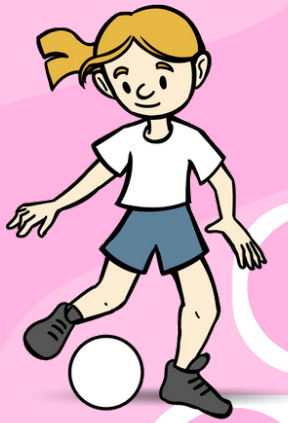




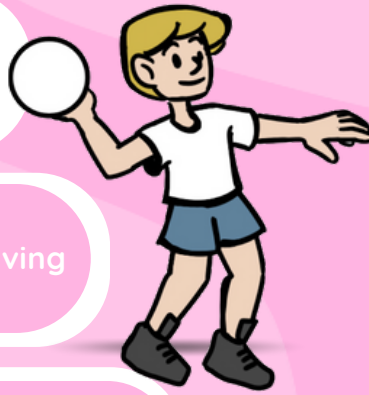
Y6
consecutive, dictate, appropriate, ball side, turnover, transition, abide, consistently, contest, draw, assess

Y5
angle, close down, drive, situation, stance, ball carrier, create, sportsmanship, rebound, barrier, dominant, maintain, support

Y4
decision, pressure, protect, cushion, supporting, limit, delay, obstruct, opposing, accelerate, deny, gain, option, momentum



Y3
accurate, invasion, opposition, receiver, tournament, onside, communicate, offside, pitch, referee, control, technique, intercept, tackle, court, teamwork, umpire



Y2
goalkeeper, opponent, defend, attack, possession, send, shoot, teammate, tactic, receive

Sending and Receiving

Y1
attacker, goal, mark, defender, track, dodge

Sending and Receiving

EYFS
pass, space, catch, direction, dribble, partner, rules, team, kick, run, path, score, jump, aim, safely, throw, stop, bounce, points, land, lose, win

- Ball Skills
- Fundamentals
- Games

© Copyright Get Set 4 Education Ltd.

Get Set 4 Education

Vocabulary Pyramid

Net and Wall Games





Y6

prepare stance direct doubles thrust
placement limit service abide
recover opposing appropriate footwork

Y5

pressure situation option technique sportsmanship
dominant adjust readjust cushion consecutive non-dominant
grip serve baseline release create communicate groundstroke

Y4

alternate extend continuous deny swing
contact receiver co-operative reflect compete



Y3

backhand control court forehand tactic react
competition cooperation face opponent rally opposition



Y2

defend trap return
against quickly recieve

Sending and Receiving

Y1

net ready position track racket underarm

Sending and Receiving

EYFS

safely catch points aim lose hit
space stop direction rules win
throw run score partner target

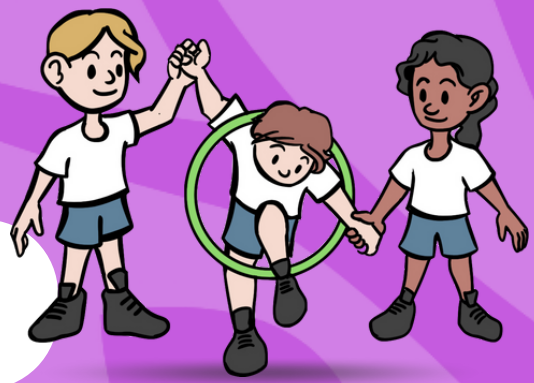
- Ball Skills
- Fundamentals
- Games

© Copyright Get Set 4 Education Ltd.

Vocabulary Pyramid

OAA





Y6
adhere evaluate contribute inclusive approach determine location

Y5
cardinal points critical thinking strategy compromise landmark verbal concise negotiate visual

Y4
effectively leader role navigate key reflect orientate





Y3
collaborate discuss interrupt route tactics teamwork compass honest course symbol trust

Y2
successful support communicate map solve include

Team Building

Y1
co-operate instructions listen challenge share lead plan talk

Team Building

EYFS
backwards forwards path safely sideways stop direction partner rules score space team

- Introduction to PE
- Games

© Copyright Get Set 4 Education Ltd.

Get Set 4 Education

Vocabulary Pyramid

Striking and Fielding Games





Y6

abide consecutive assess appropriate consistently collaborate

Y5

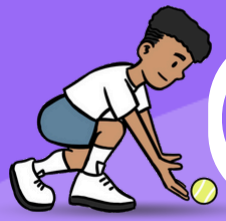
close catch long barrier stance deep catch situation backing up

Y4

decision pressure limit cushion momentum retrieve compete

Y3

accuracy grip run out strike tournament wicket caught out no ball short barrier technique umpire



Y2

backstop runs stump collect teammate tactics

Sending and Receiving



Y1

batter bowler hit ready position batting fielder overarm track bowl fielding out underarm

Sending and Receiving

EYFS

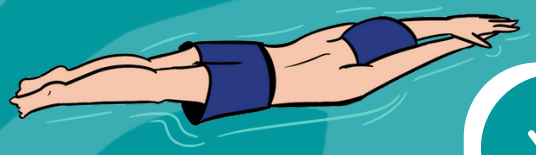
pass space catch score jump aim team throw run points land lose safely stop direction partner rules win

- Ball Skills
- Fundamentals
- Games

© Copyright Get Set 4 Education Ltd.

Vocabulary Pyramid

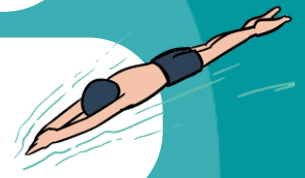
Swimming











Y6

propel afloat buoyant motion streamline conserve flexed

Y5

continuously inhale outstretched somersault dolphin kick exhale personal best synchronised endurance flutter kick retrieve

Y4

alternate rotation survival buoyancy sculling submerge

Y3

backstroke front crawl huddle stroke tactics technique breaststroke H.E.L.P position sidestroke surface treading water floating handstand sinking surface dive water safety

Y2

enter exit float glide pull

Y1

back breath front rules splash blow bubbles kick safely travel

© Copyright Get Set 4 Education Ltd.

Vocabulary Pyramid

Target Games





Y6

abide assess trajectory
anticipate collaborate appropriate

Y5

align fake par stance
angle force officiate situation

Y4

decision avoid relaxed
cushion adjust support



Y3

agility chip drive grip hit out power tactic
caught out communicate opposition putt technique tournament



Y2

accurate release teammate
opponent strike ahead

Sending and Receiving

Y1

distance underarm balance
overarm swing further

Sending and Receiving

EYFS

aim ball bounce
catch caught dribble
hit jog jump
lose partner points
ready rules run
safely score space
stop target team
throw win

- Ball Skills
- Fundamentals
- Games

© Copyright Get Set 4 Education Ltd.

Vocabulary Pyramid

Yoga









Y6 collaborate, fluidly, expand, salutation, engage

Y5 stability, quality, exhale, inhale, connect, transition, posture, maintain, concentrate

Y4 gratitude, notice, lengthen, wellbeing, stable

Y3 control, mindfulness, extend, contact, link, tilt, hinge, base

Y2 strength, flexibility, choose, flow, create, perform

Y1 feel, stretch, focus, breath, pose, listen

EYFS balance, copy, fast, slow, shape, squeeze, stop, bend, hold, safely, space, still, straight

- Fundamentals
- Gymnastics

© Copyright Get Set 4 Education Ltd.