



Get Set 4  
Education

# 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

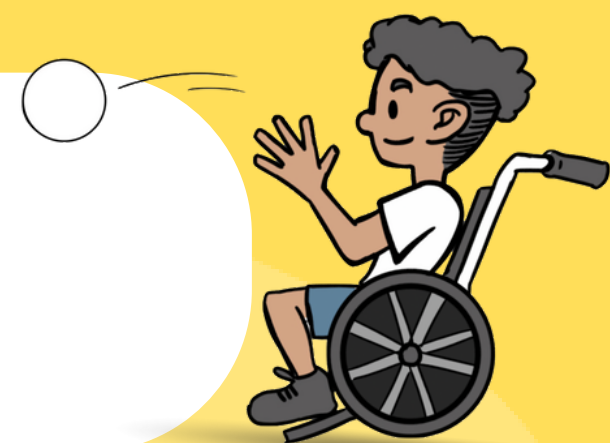
Y1

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

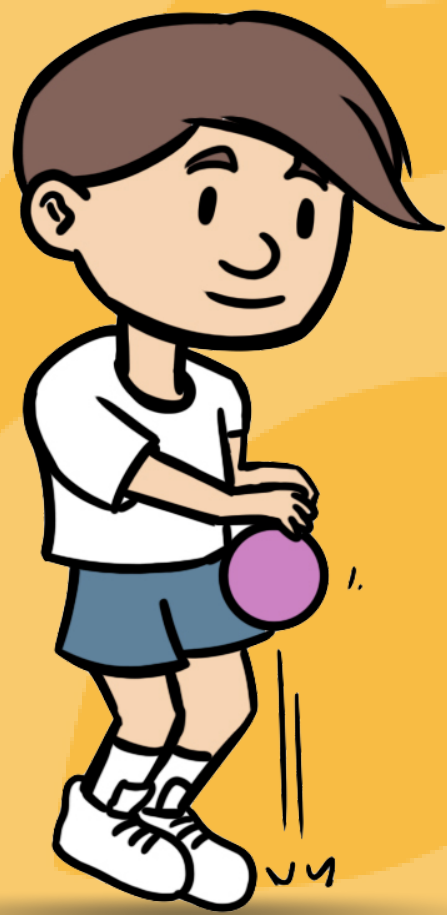




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# Vocabulary Pyramid

## Ball Skills



Y4

decision cushion pressure react 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

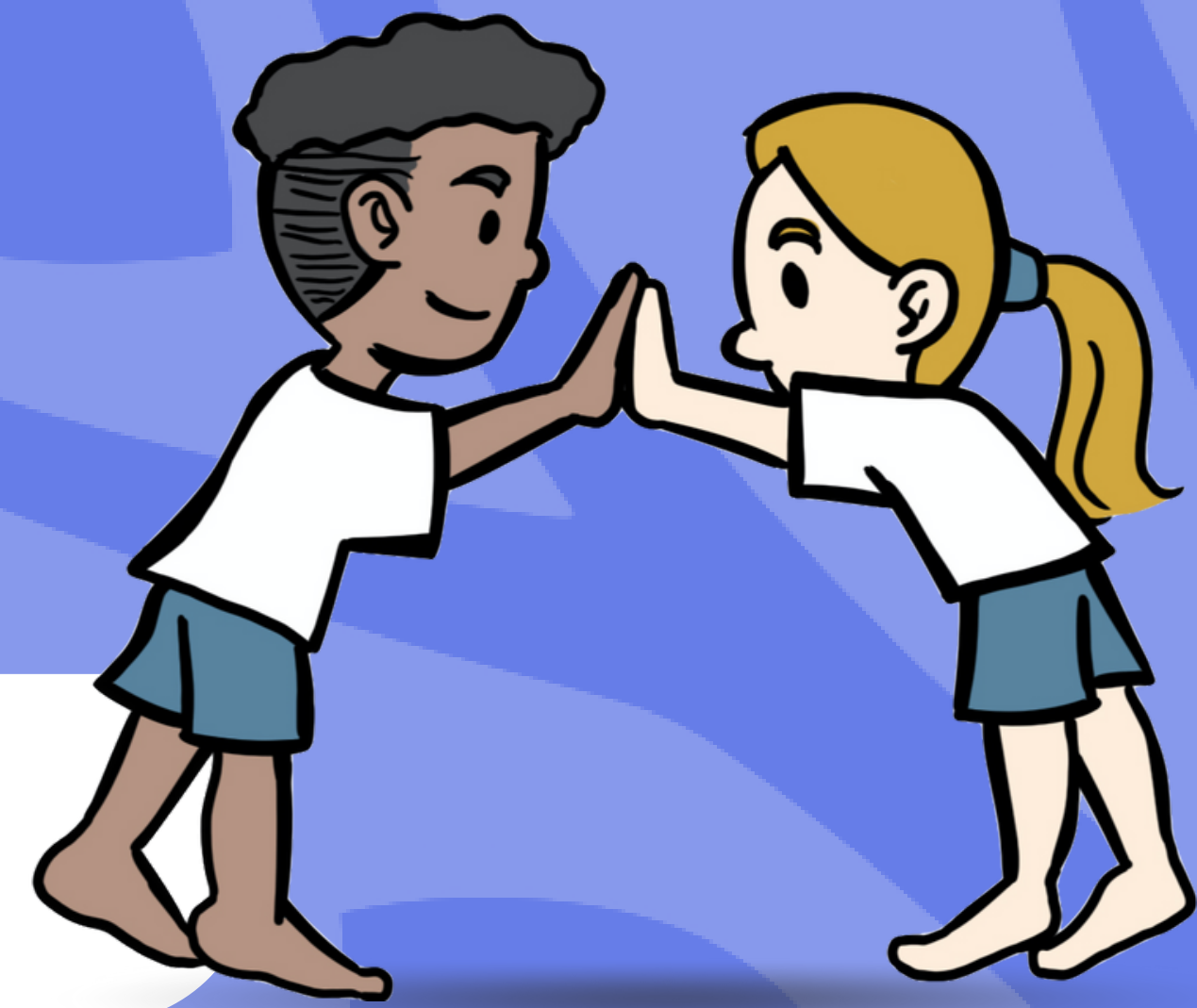




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# Vocabulary Pyramid

## 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

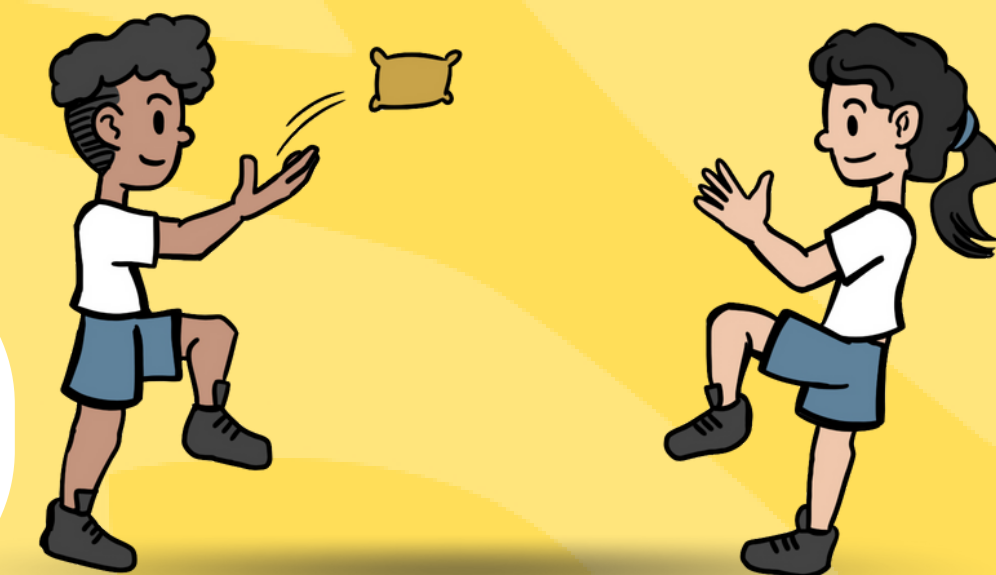




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# Vocabulary Pyramid

## Fitness



**Y6** analyse engage calves  
rhythm abdonimals quadriceps

**Y5** drive consistent persevere stable  
measure 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 slowly space  
copy hop run squeeze travel

- Gymnastics
- Fundamentals



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# 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



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# Vocabulary Pyramid

## Gymnastics



Y6

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

Y5

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

Y4

bridge	inverted	perform	shoulder stand	
fludily	momentum	rotation	stability	wrist grip

Y3

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

Y2

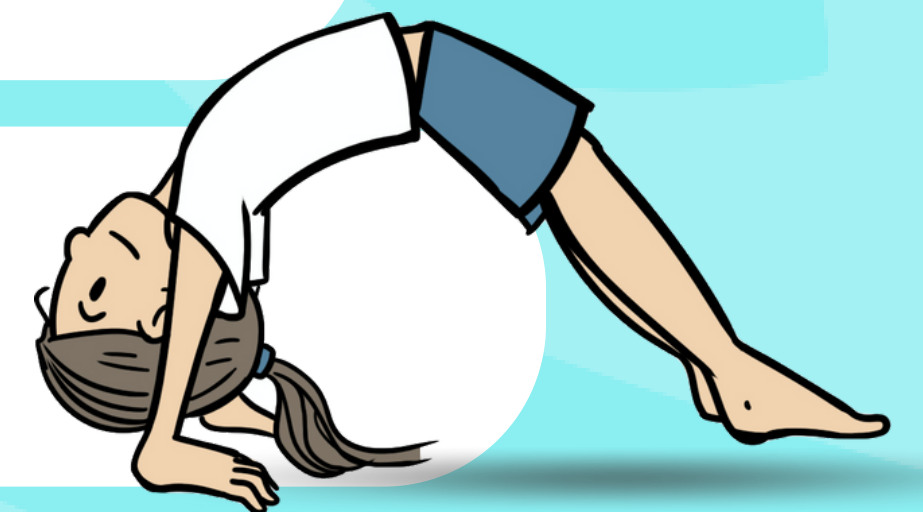
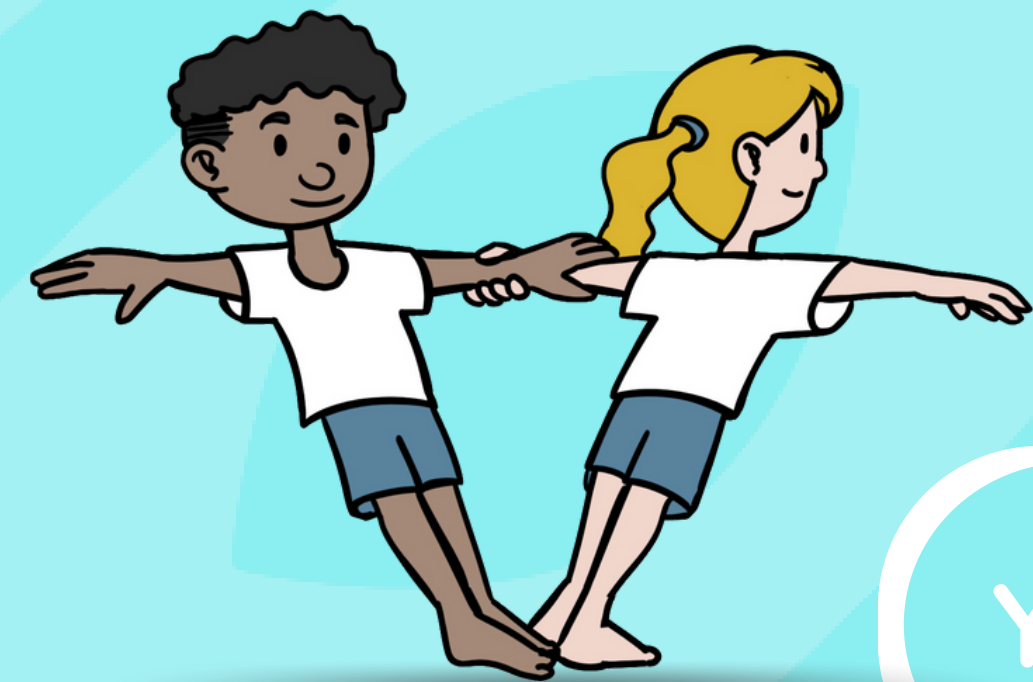
link	pathway	pike	sequence	straddle	tuck
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Y1

action	control	direction	level	speed
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EYFS

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

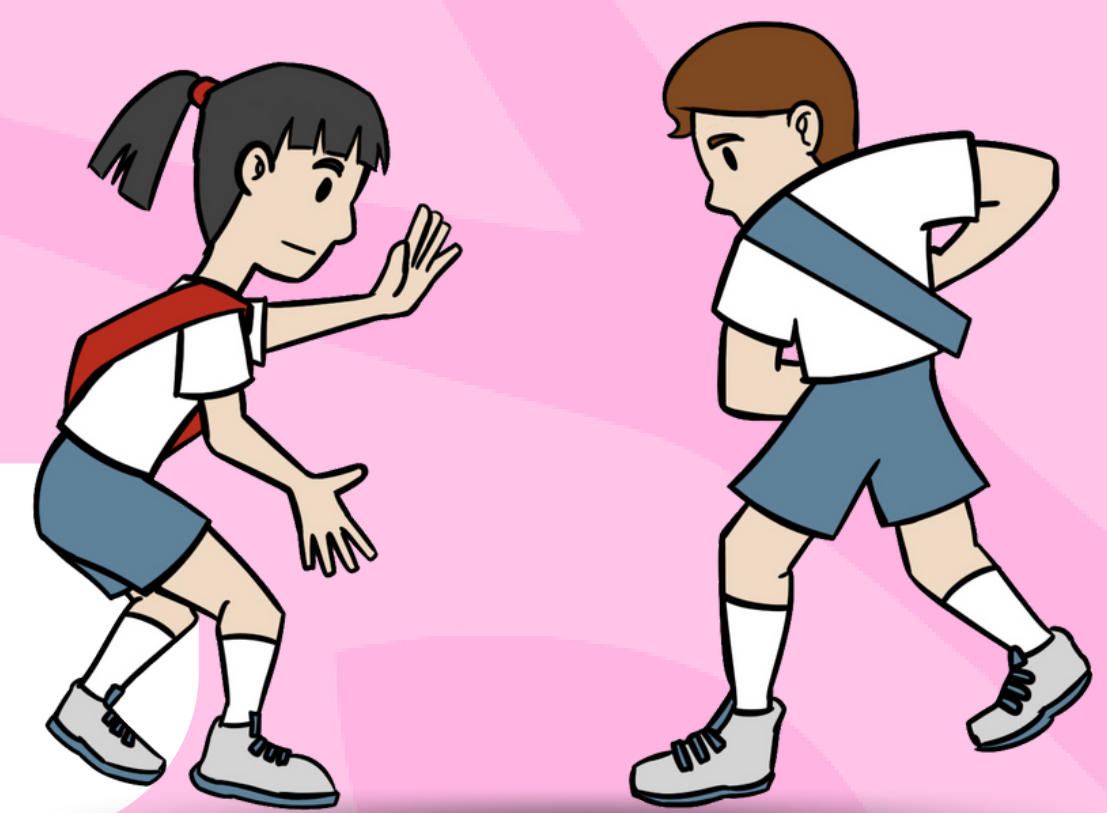
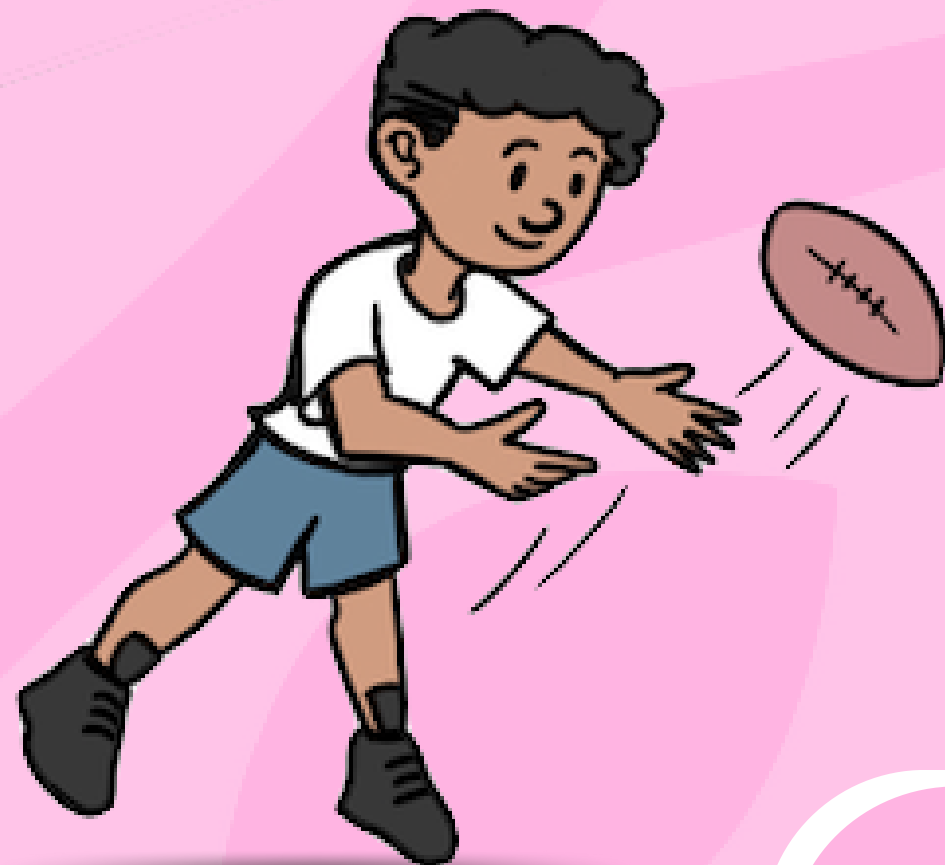




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# Vocabulary Pyramid

## Invasion Games



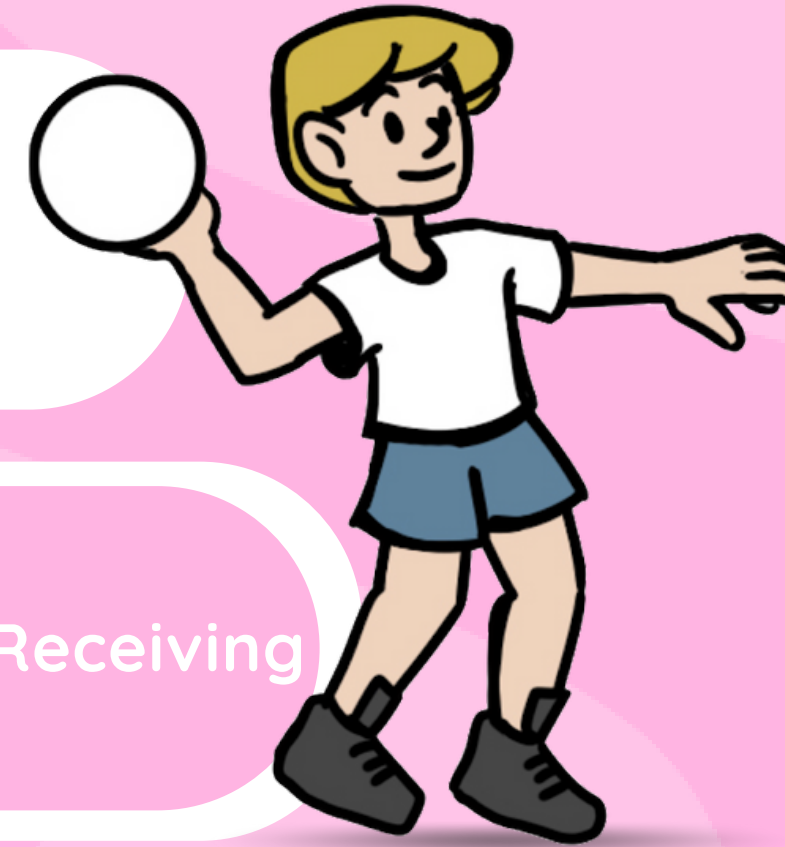
**Y6** consecutive dictate appropriate  
 ball side turnover transition abide  
 consistently contest draw assess

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

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



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



**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

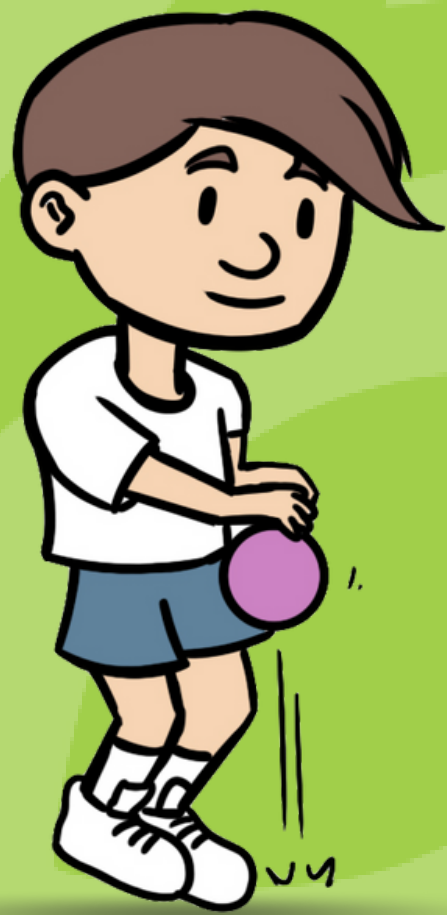
- Ball Skills
- Fundamentals
- Games



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# 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 receive

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



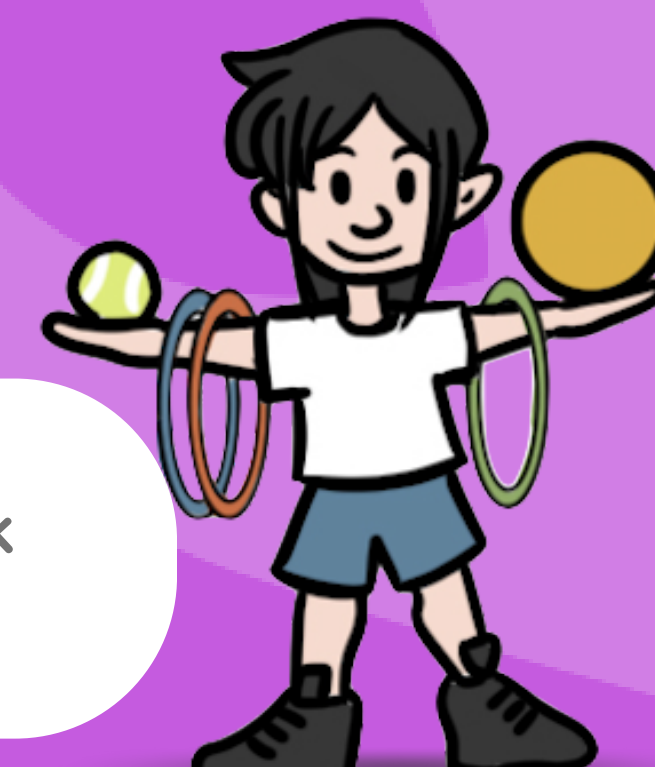
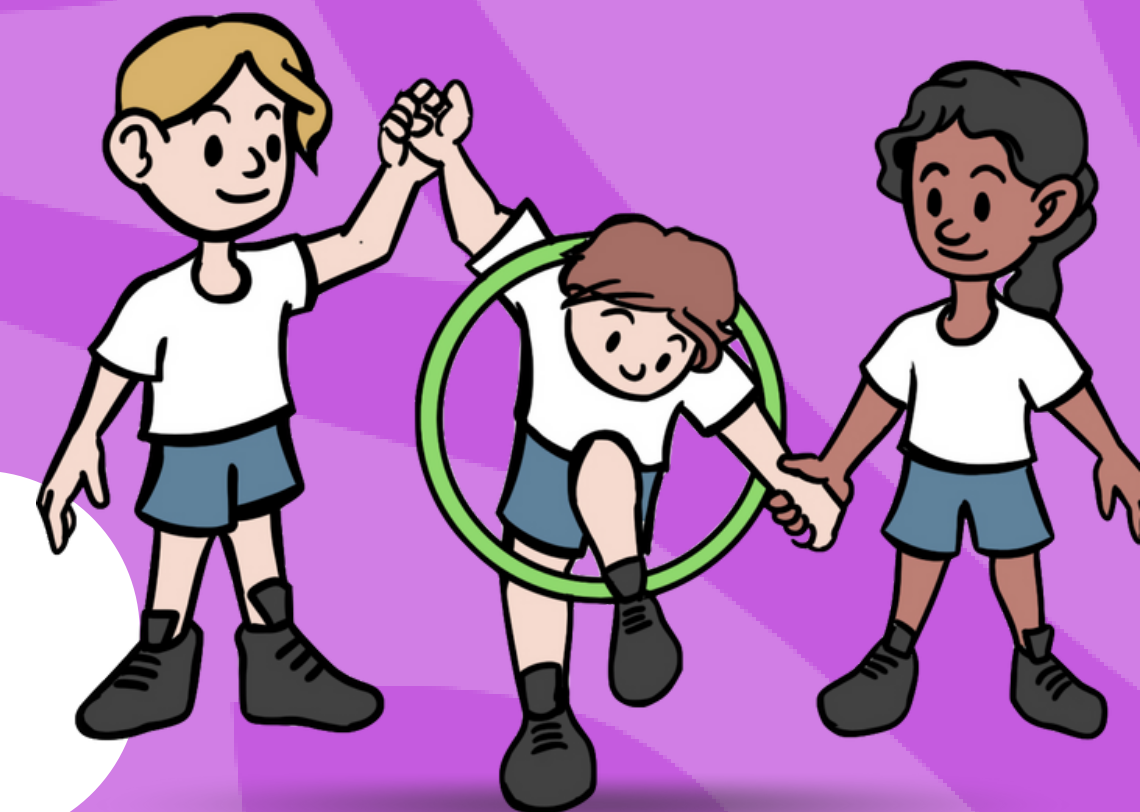




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# Vocabulary Pyramid

## 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

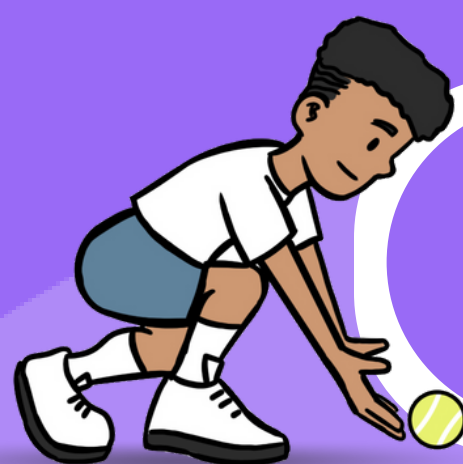
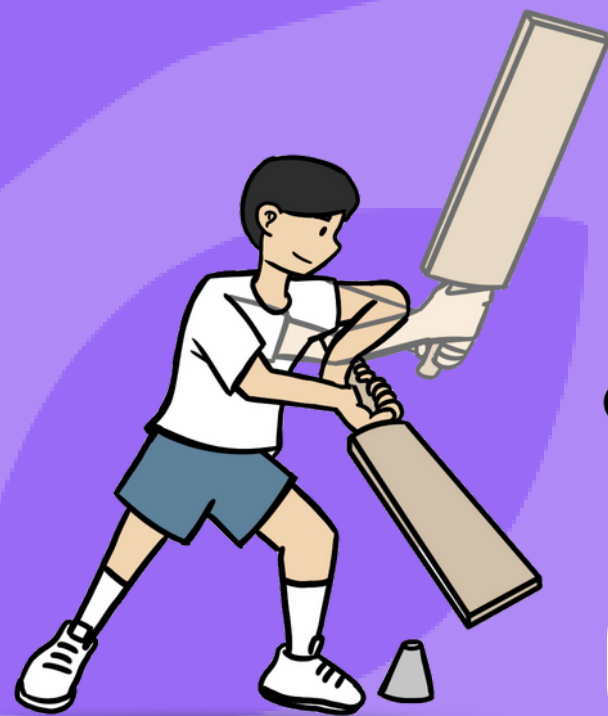
- Introduction to PE
- Games



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# Vocabulary Pyramid

## Striking and Fielding Games



**Y6** abide assess consistently consecutive appropriate collaborate

**Y5** close catch deep catch long barrier situation stance backing up

**Y4** decision momentum pressure retrieve limit compete cushion

**Y3** accuracy caught out grip no ball run out short barrier strike technique tournament umpire wicket

**Y2** backstop collect runs teammate stump tactics

**Sending and Receiving**

**Y1** batter batting bowl bowler fielder fielding hit overarm out ready position track underarm

**Sending and Receiving**

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

**Sending and Receiving**

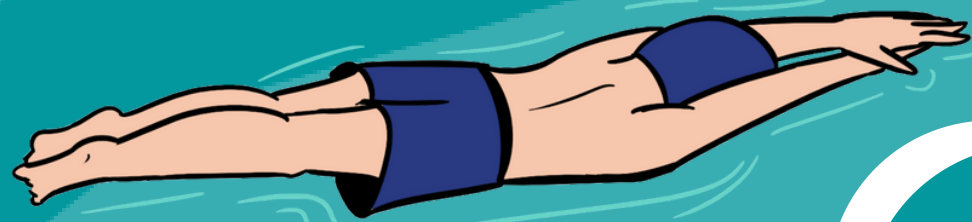
- Ball Skills
- Fundamentals
- Games



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# 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

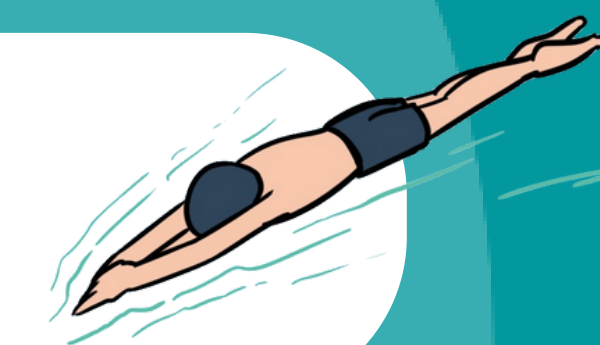
Y3

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



Y2

enter      exit      float      glide      pull



Y1

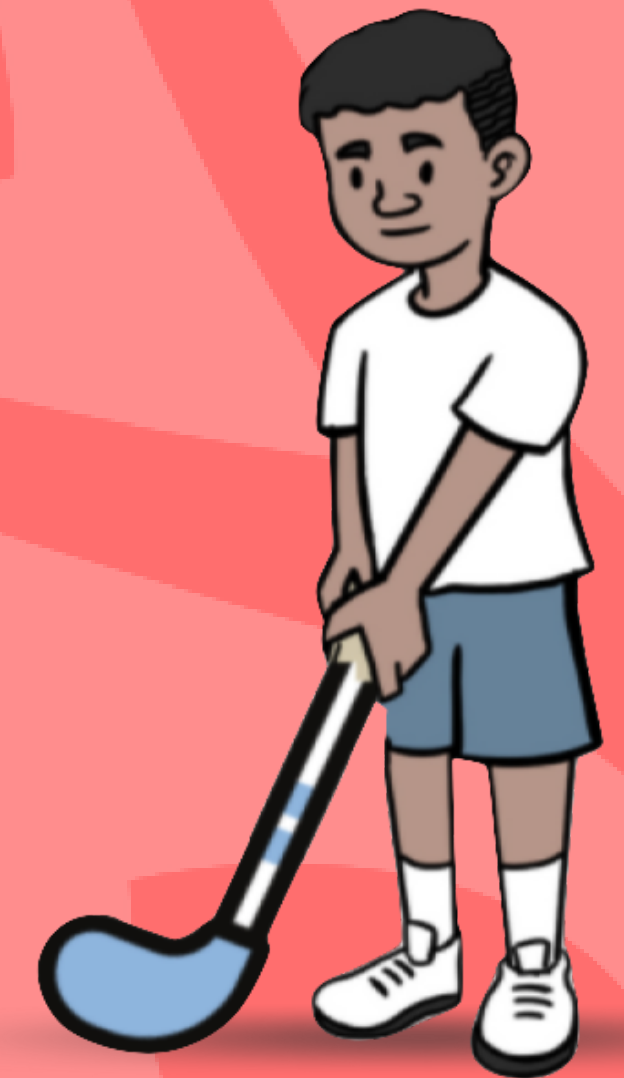
back      breath      front      rules      splash  
blow      bubbles      kick      safely      travel



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# 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



Get Set 4  
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# Vocabulary Pyramid

## Yoga



**Y6** collaborate fluidly expand  
salutation engage

**Y5** muscles quality inhale concentrate  
practice transition exhale

**Y4** gratitude notice lengthen  
wellbeing stable

**Y3** control mindfulness extend  
link relax

**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