

Vocabulary Pyramid Athletics

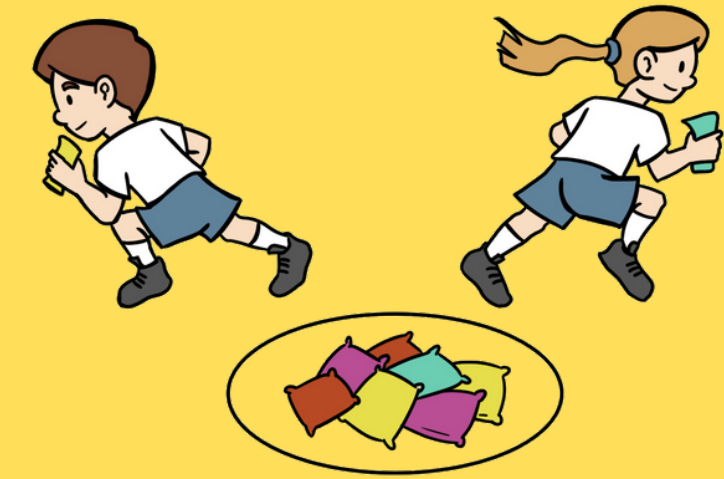


EYFS

Ball Skills

Games

Fundamentals



Year 1

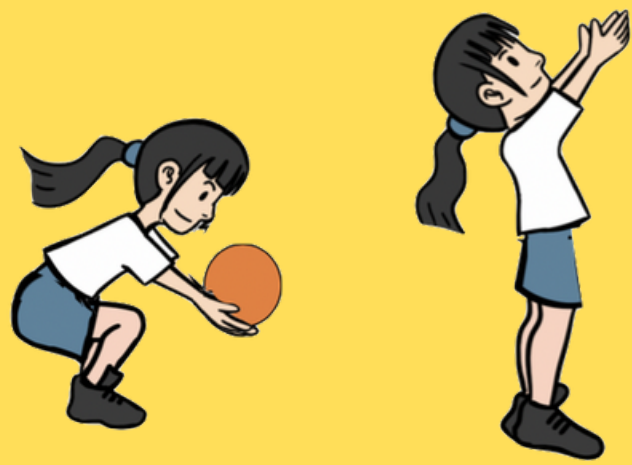
push
stop
jump
space

forwards safely
balance backwards

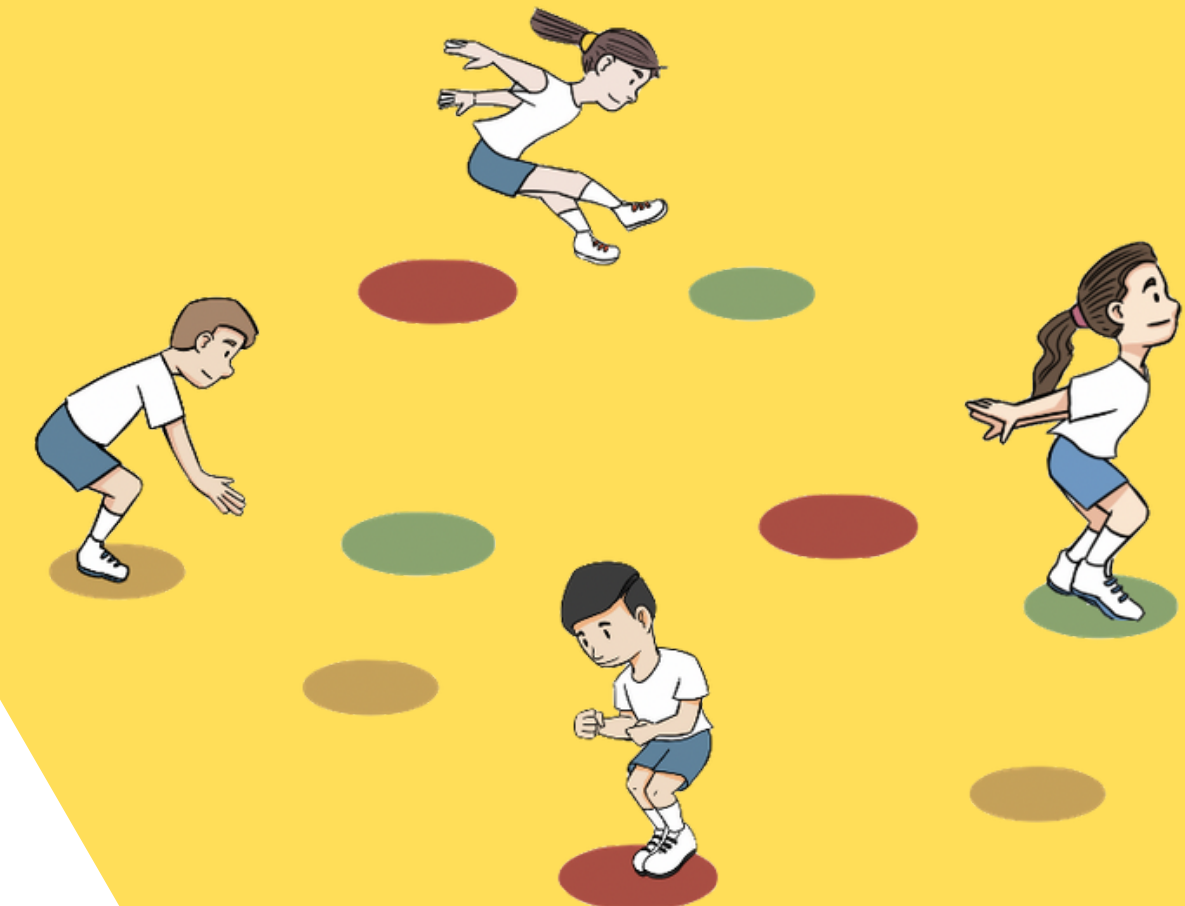
far hop aim
fast slow bend
improve direction travel



Year 2



sprint jog distance height
take off landing overarm underarm



Year 3

speed power strength accurately
higher pace control faster further

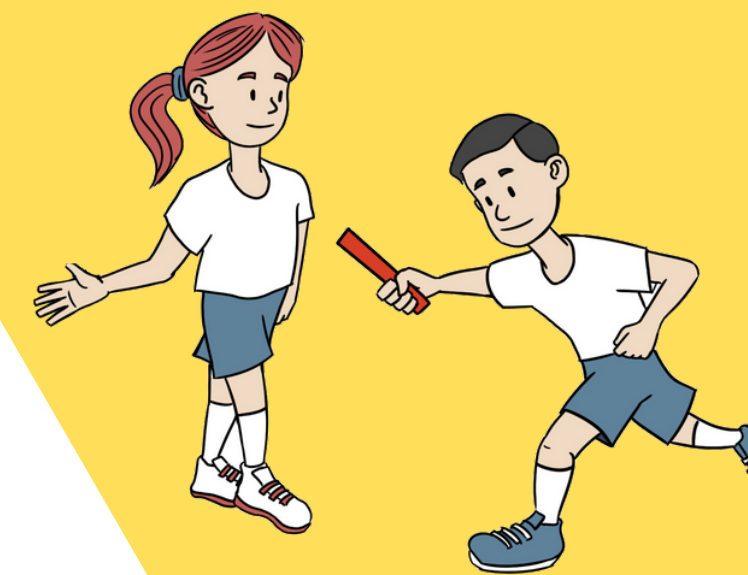
Year 4

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



Year 2

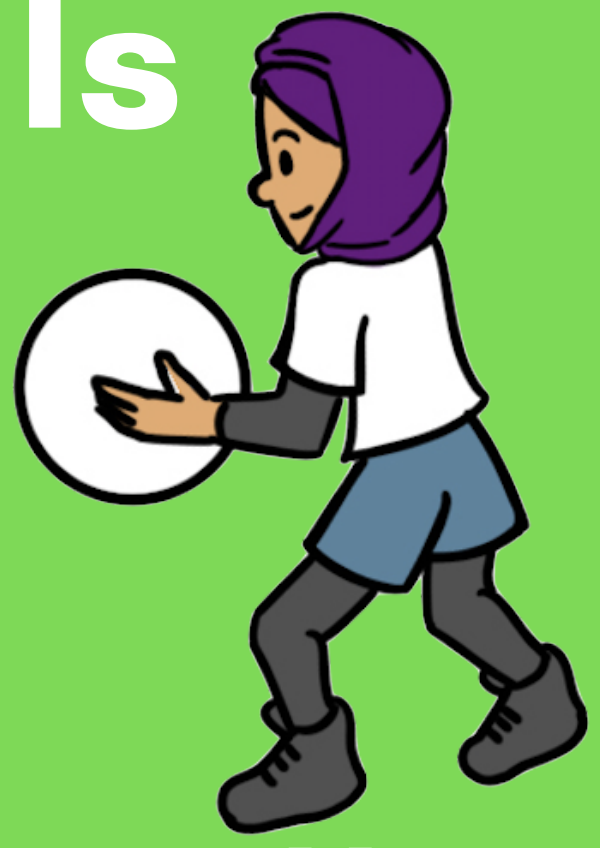


Year 3

Year 4



consistently



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

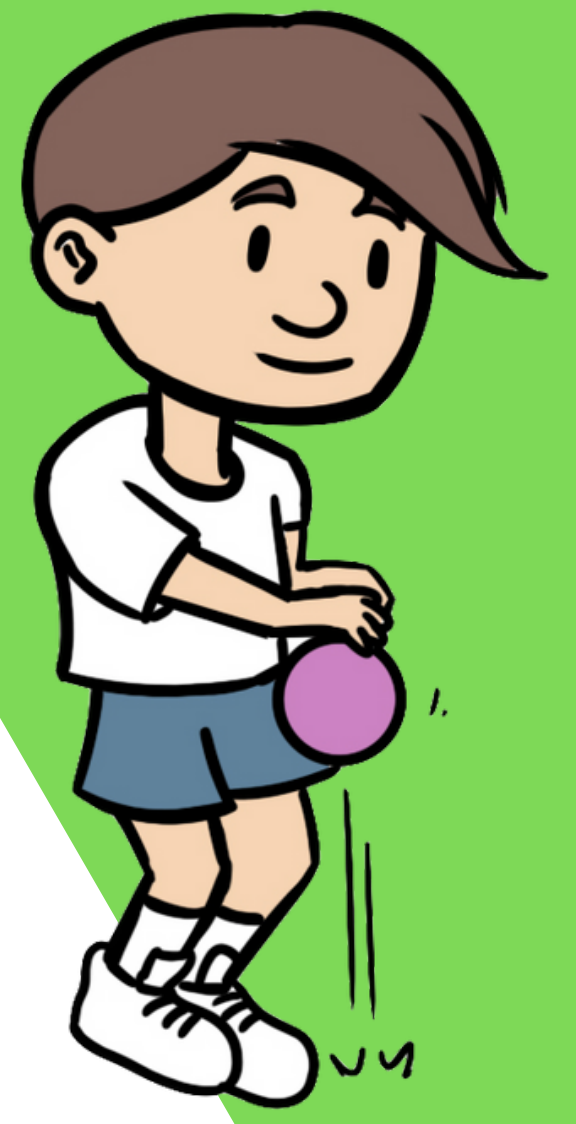
release

select

control

technique

persevere



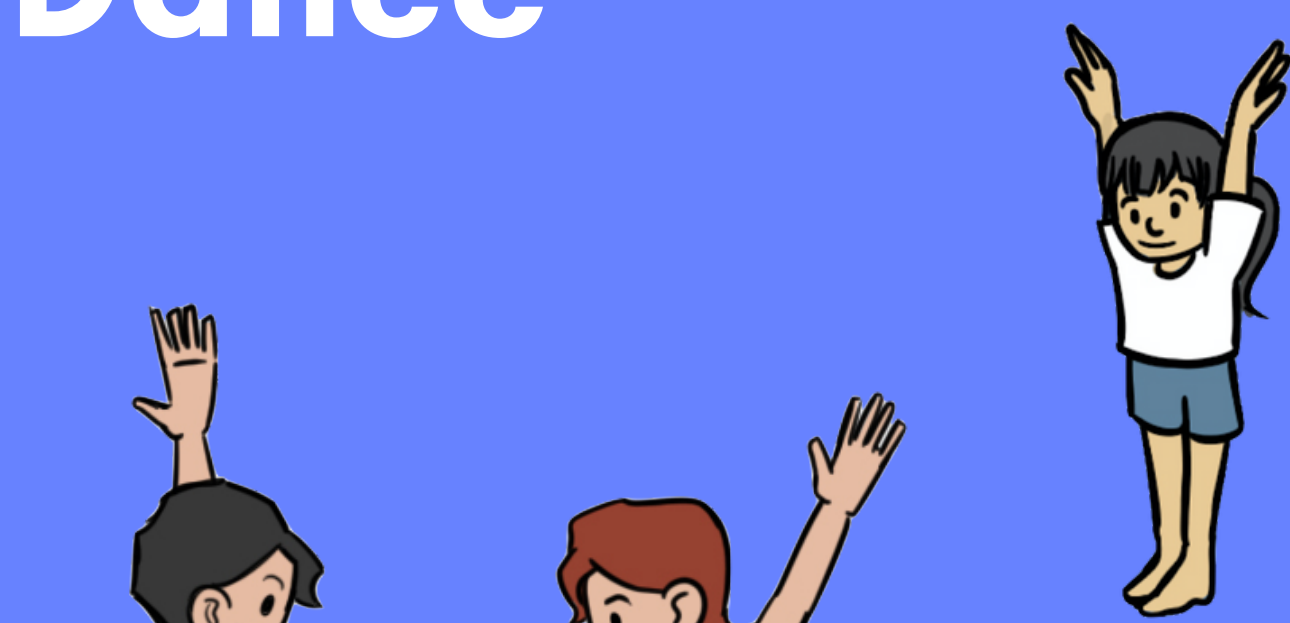
Get Set 4 P.E.

Vocabulary Pyramid

Dance



Get Set 4 P.E.



EYFS



Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

move

copy

shape

space

safely

around

travel

sideways

forwards

backwards

counts

pose

level

slow

fast

balance

mirror

action

pathway

direction

speed

timing

flow

explore

create

perform

match

feedback

expression

reaction

unison

represent

dynamics

control

formation

posture

performance

canon

relationship

phrase

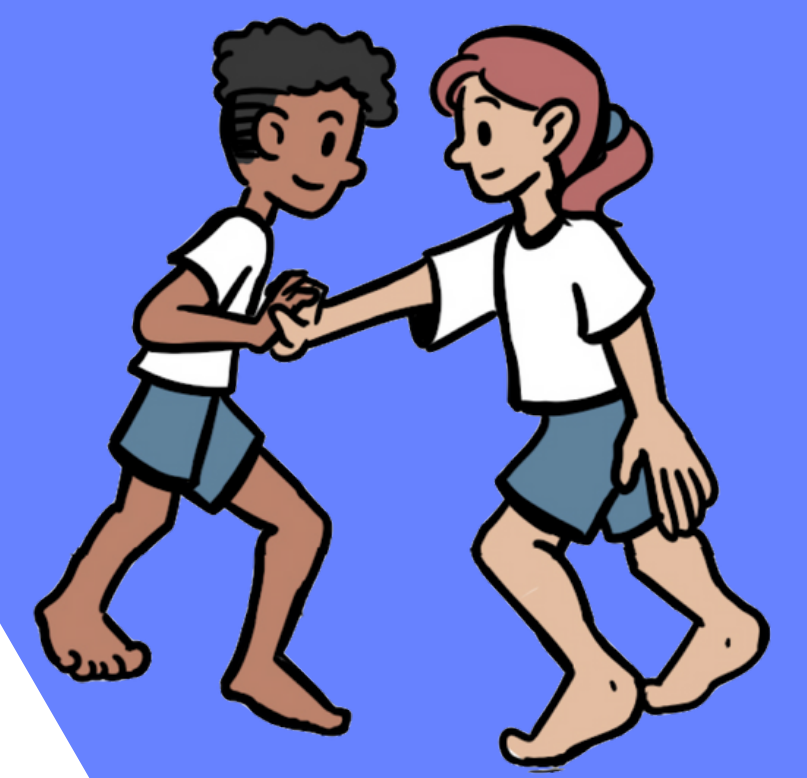
structure

connect

choreograph

contrast

fluently

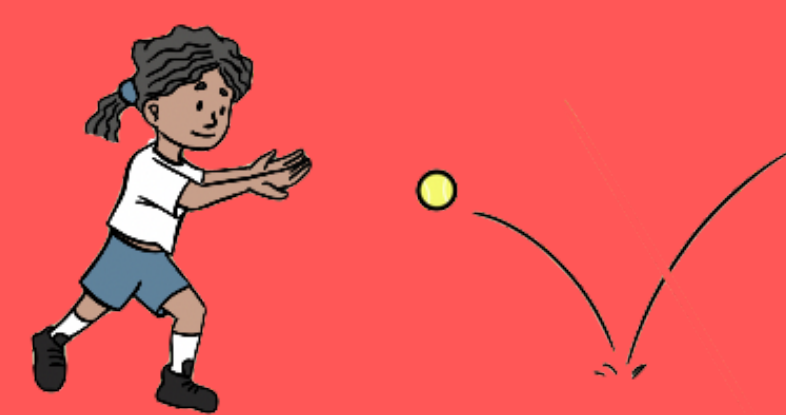


Vocabulary Pyramid

Fitness



Get Set 4 P.E.



Year 1

EYFS

push

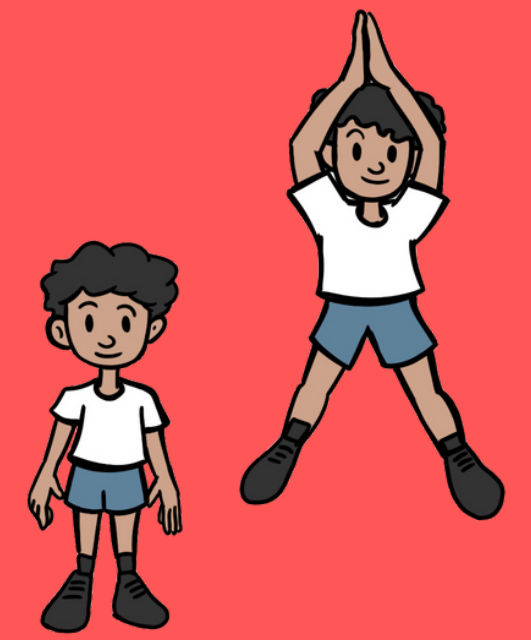
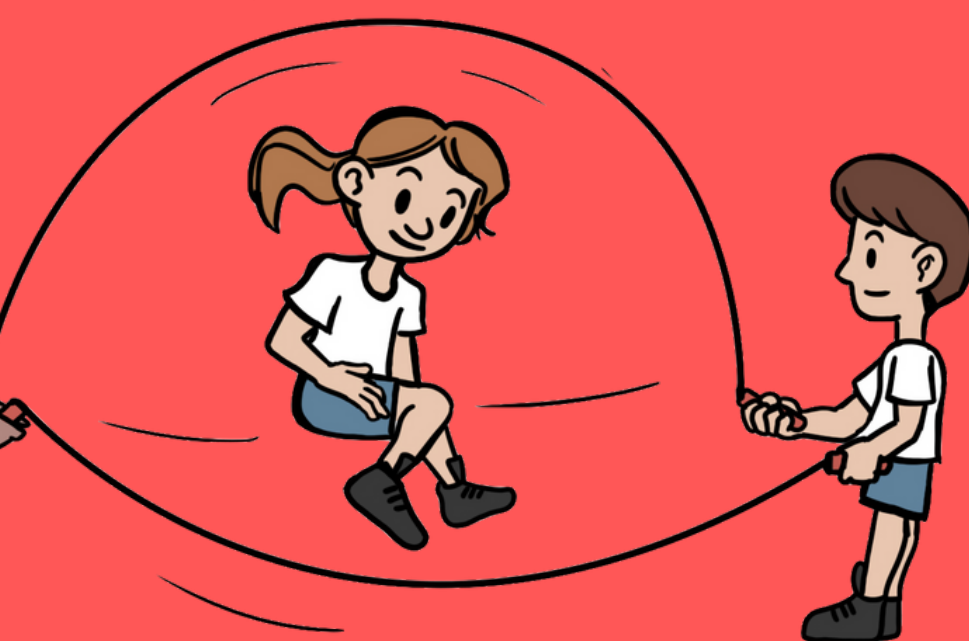
Gymnastics

stop

Fundamentals

space jump

balance safely



Year 2

fast jump hop dlow

direction balance bounce

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



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

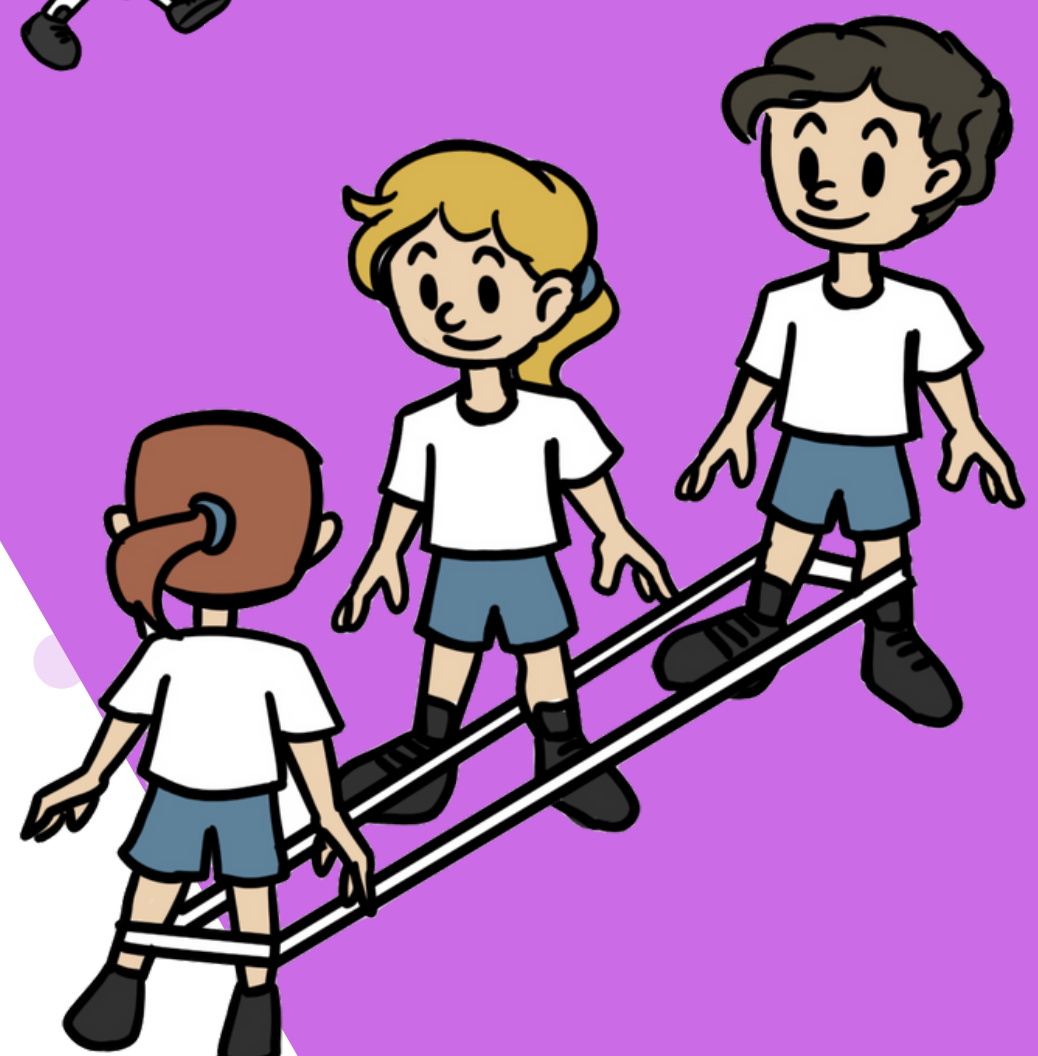
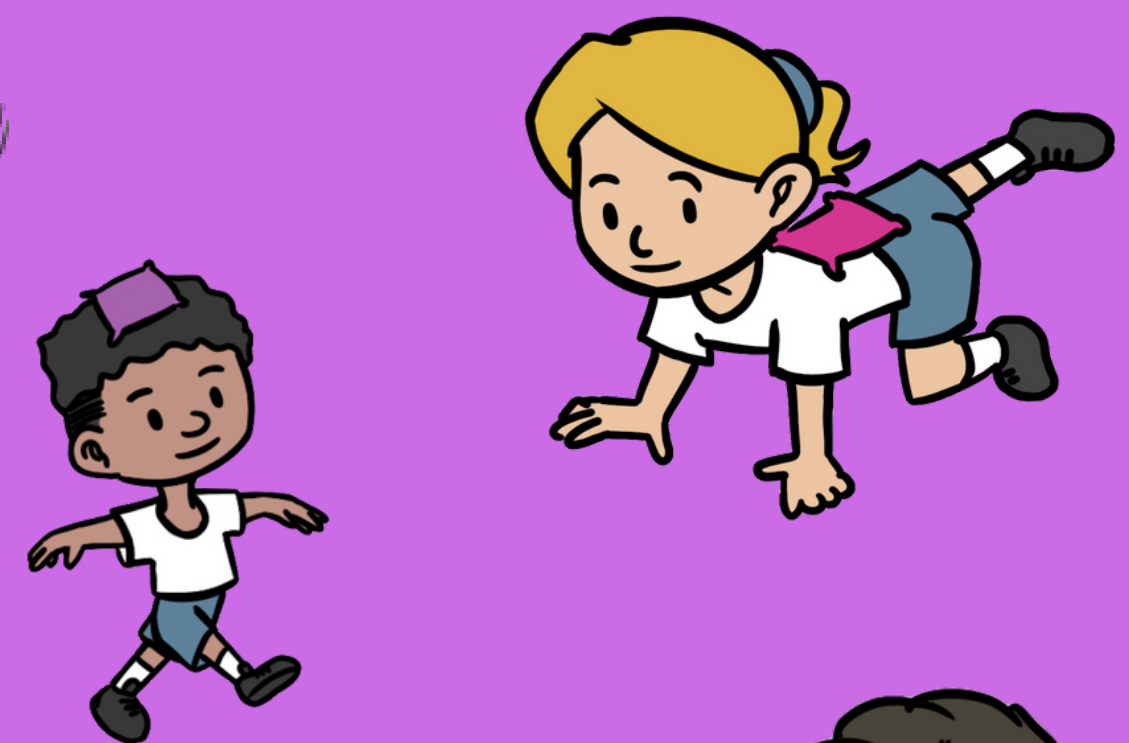
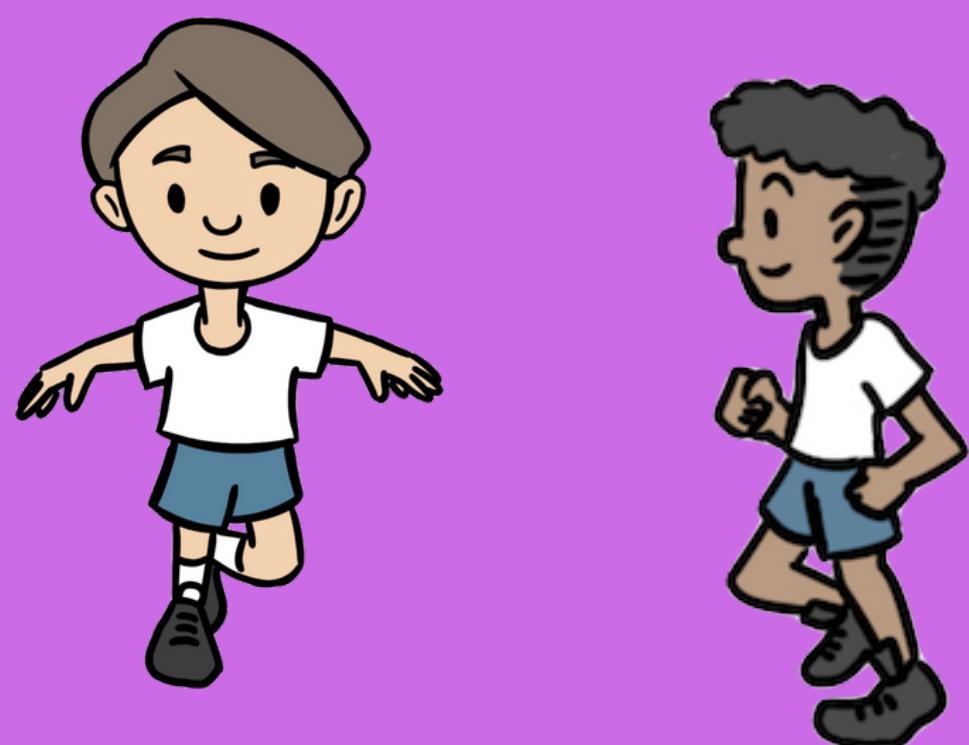
tension coordination rhythm

Year 3

momentum decelerate transfer

accelerate pace stability

Year 4

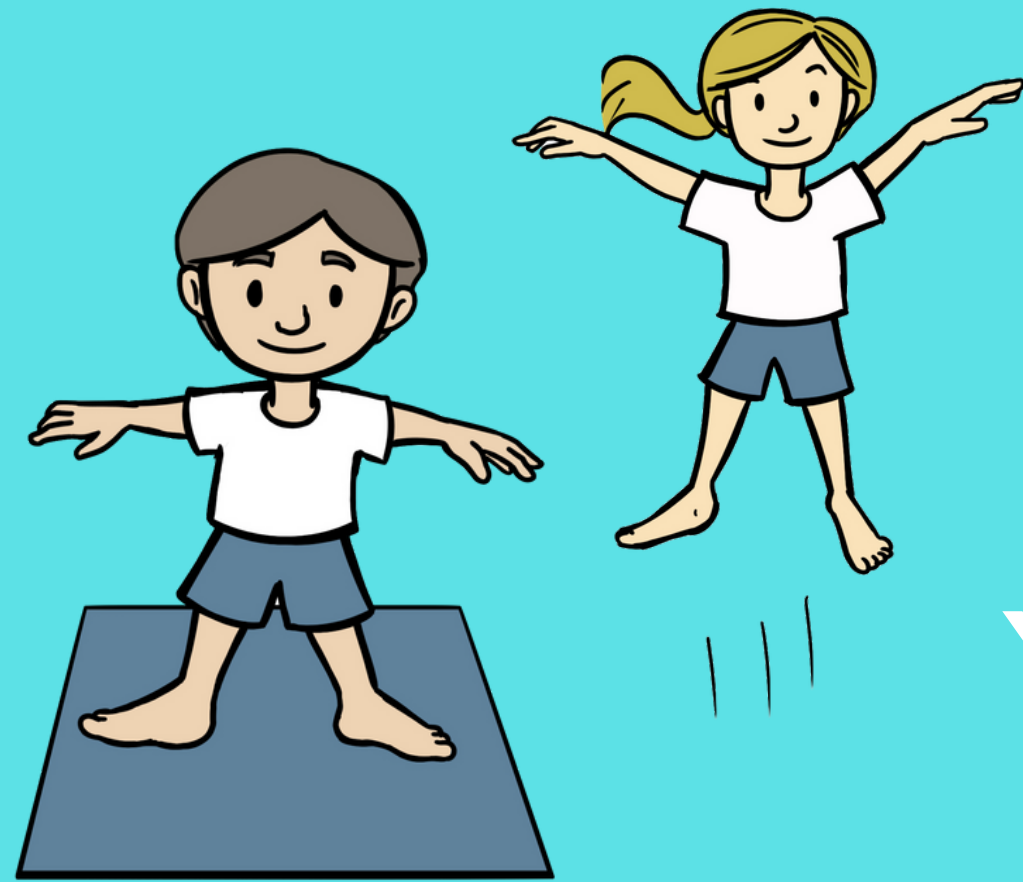
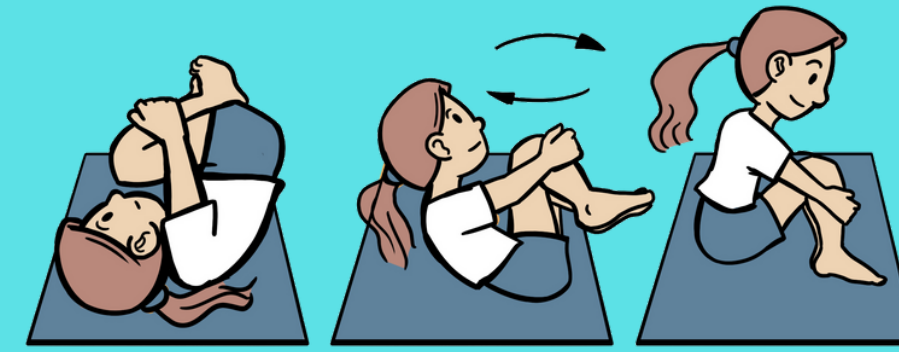


Vocabulary Pyramid

Gymnastics



Get Set 4 P.E.



Year 1

EYFS



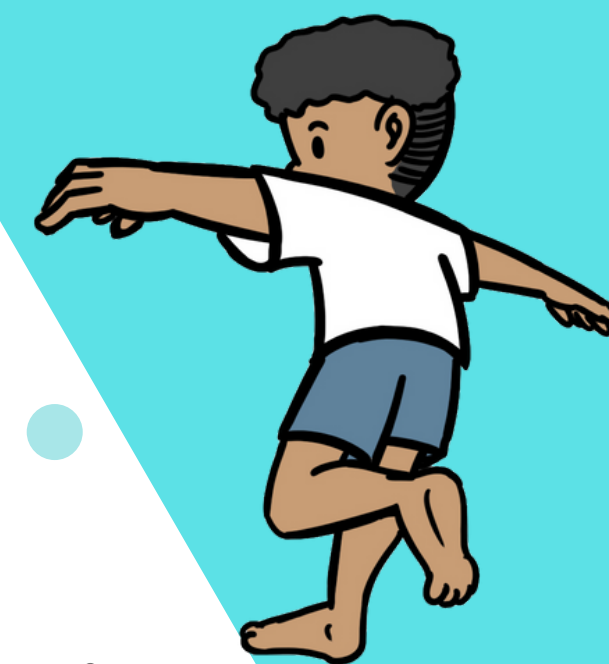
Year 2

Year 3



Year 4

Year 5



Year 6

formation

momentum

fluently

stability

counter balance

counter tension

move

copy

shape

rock

around

sideways

forwards

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

counter balance

counter tension

Vocabulary Pyramid

Invasion Games



Games

Ball Skills

Fundamentals

EYFS

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

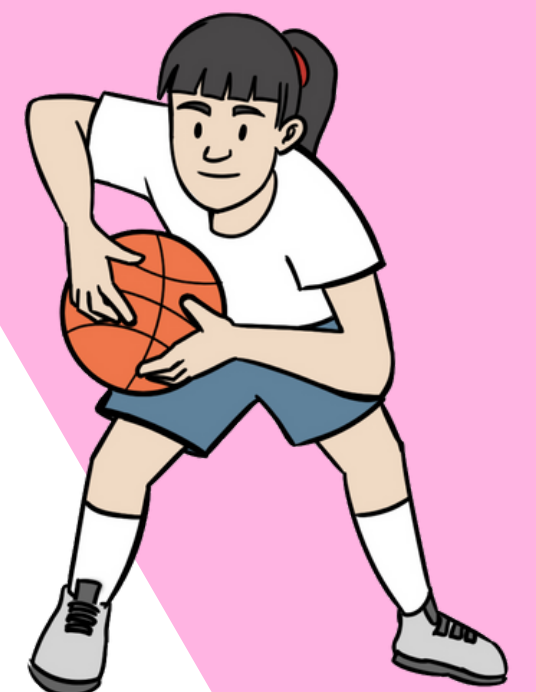
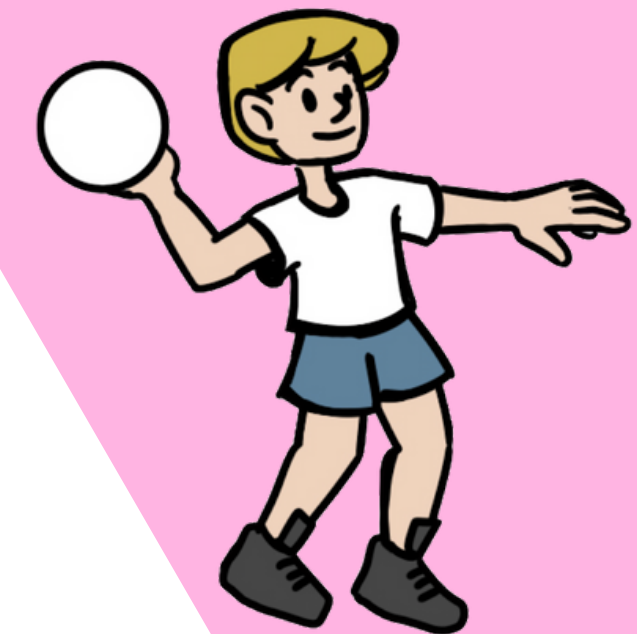
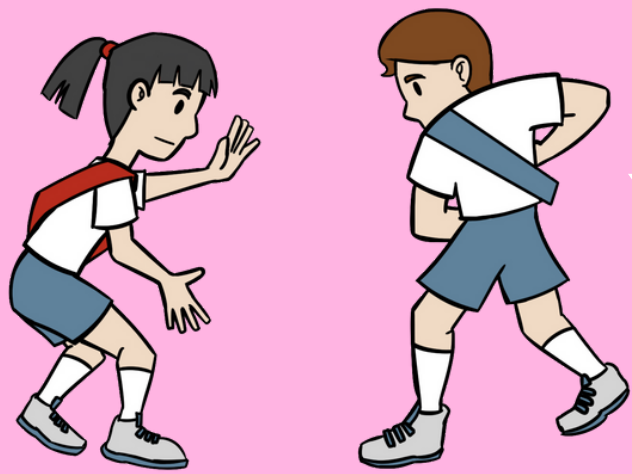
pivot court field pitch

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 P.E.

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

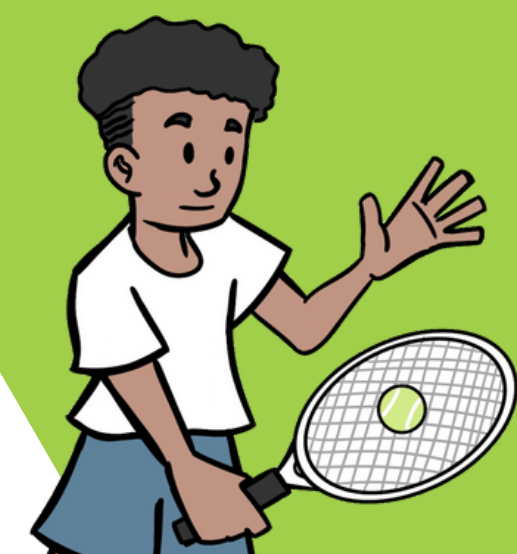
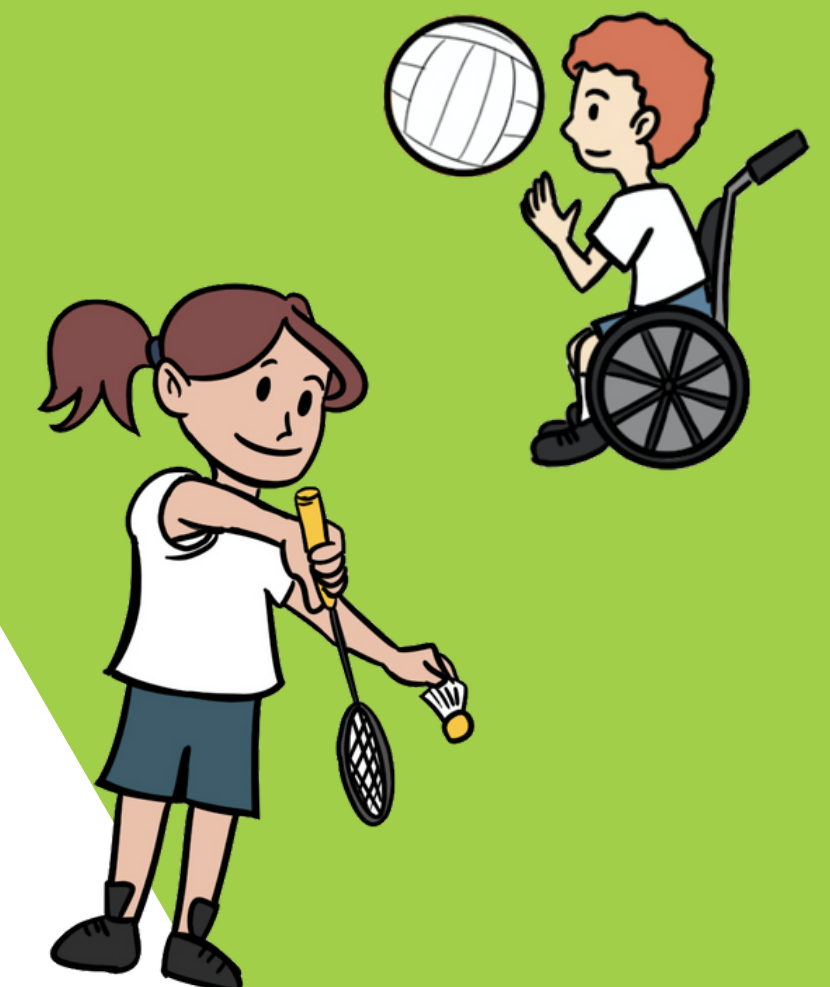
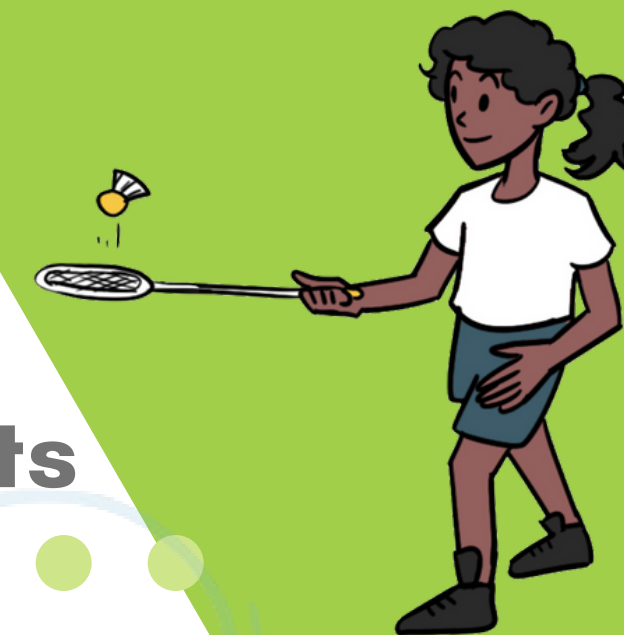
receiver backhand
outwit court forehand

volley footwork set

tactics co-operatively continuously dig

deep forecourt defensive

consecutive consistently backcourt attacking



Vocabulary Pyramid

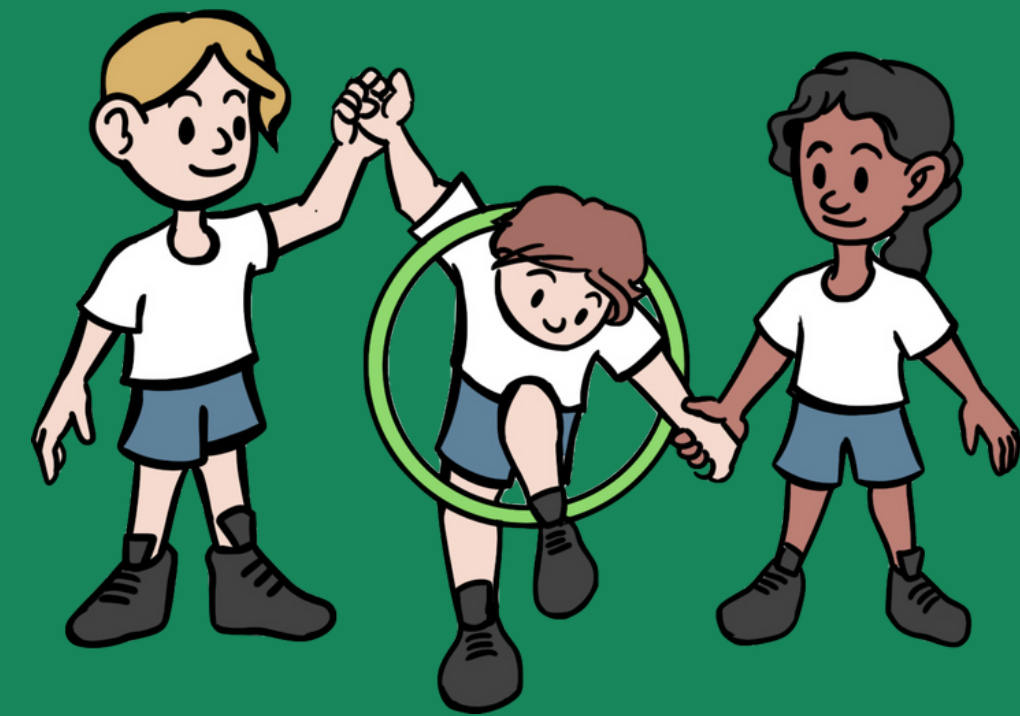
OAA



Get Set 4 P.E.

Introduction to PE

Games



Year 1

EYFS



share

team path

listen space

travel follow safely

lead co-operate

teamwork solve instructions

support successful

map direction communicate

rules route trust

navigate grid discuss plan

leader effectively symbol

inclusive orientate

collaborate collective navigation

tactical control card orienteering

location symbol strategy

boundaries critical thinking co-operatively

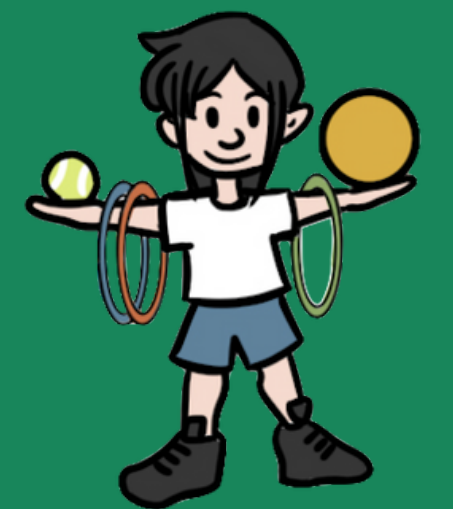
Year 2

Year 3

Year 4

Year 5

Year 6



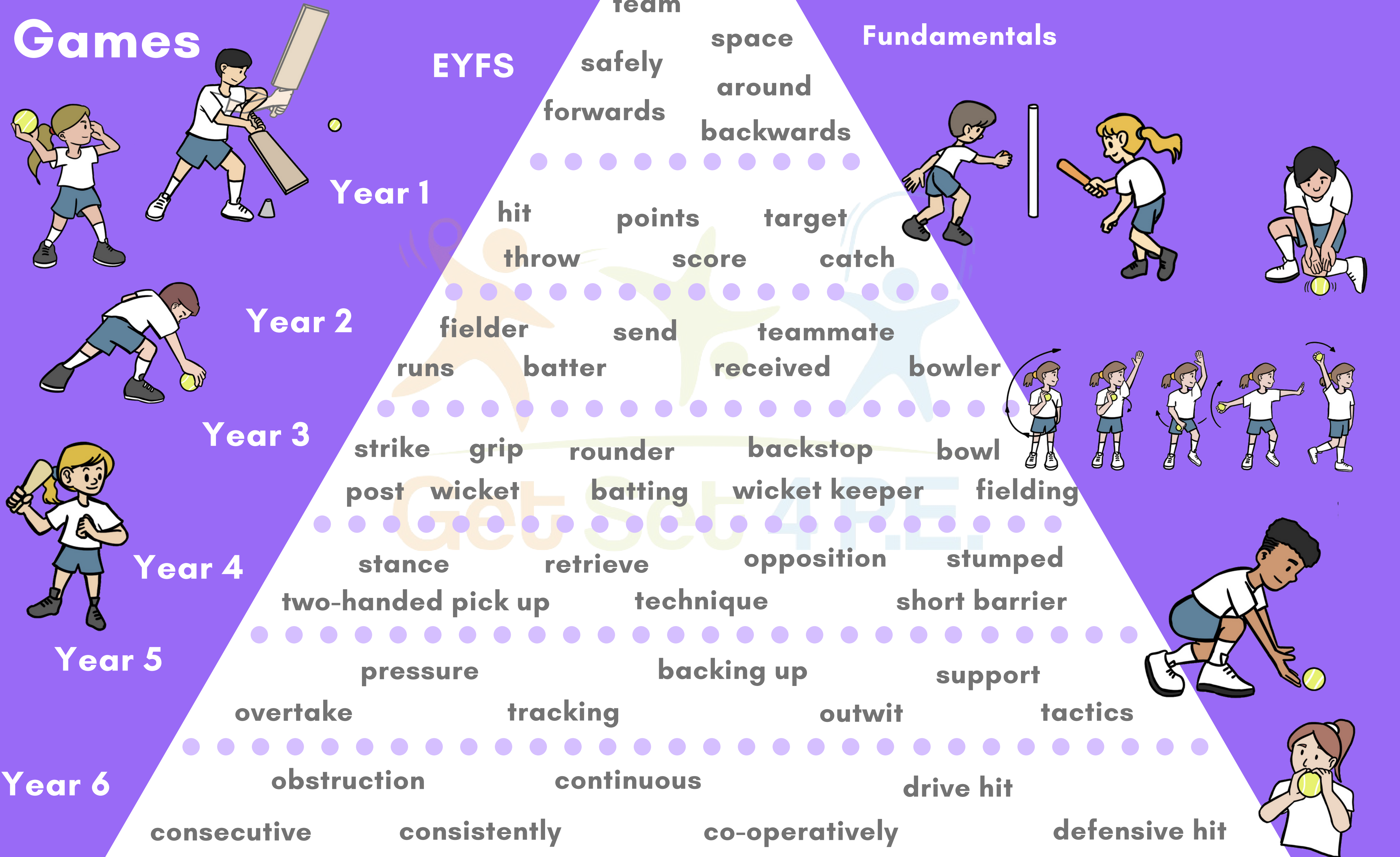
Vocabulary Pyramid

Striking and Fielding

Games

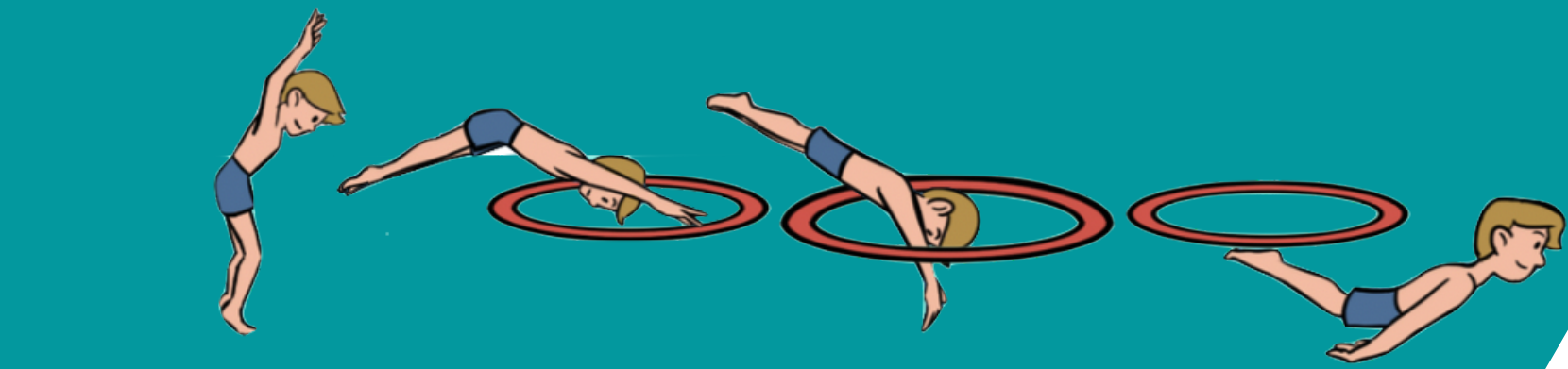


Get Set 4 P.E.



Vocabulary Pyramid

Swimming



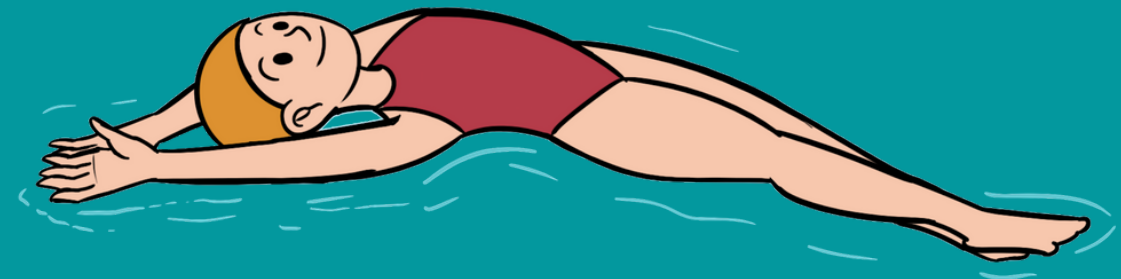
Year 1

exit

enter front



travel rules

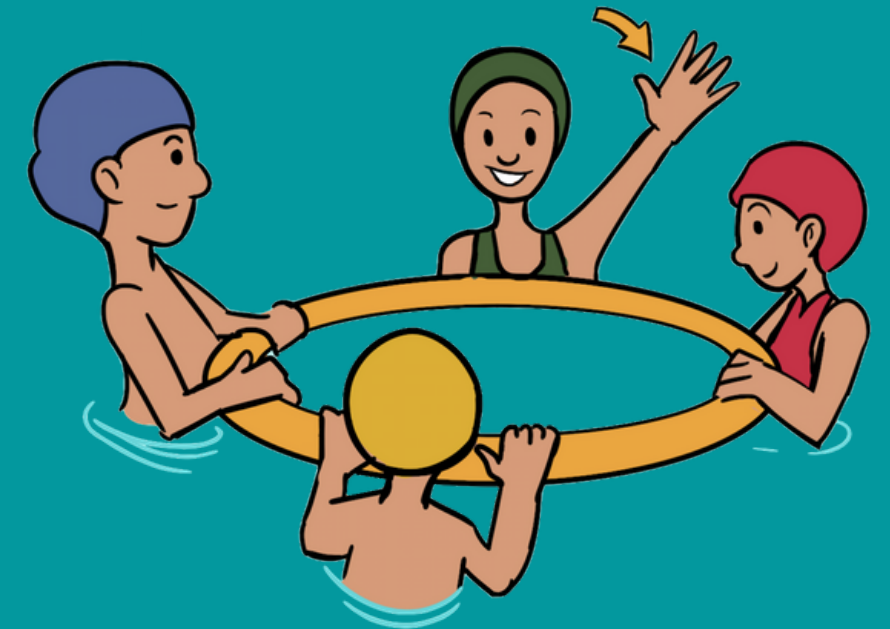


safely kicking back

Year 2

pulling splash unaided

gliding floating breathing



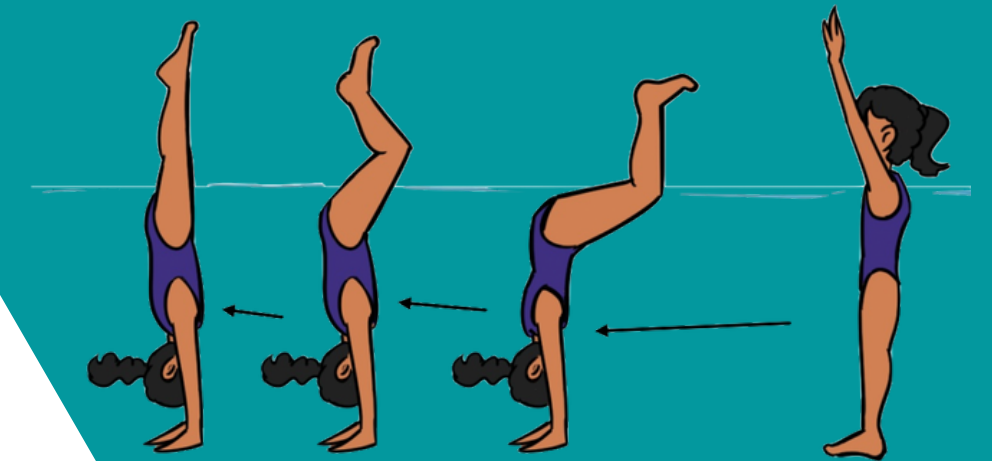
sculling crawl breaststroke

submersion rotation backstroke

Year 3

stroke huddle alternate

survival treading water buoyancy



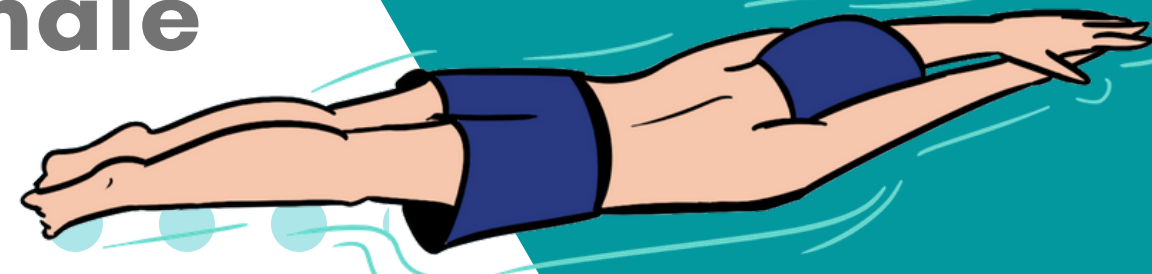
Year 4

exhale flutter kick surface

somersault personal best inhale

Year 5

endurance propel continuous



streamline

synchronised

retrieve

Vocabulary Pyramid

Target Games



Get Set 4 P.E.



Games

Ball Skills

EYFS

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

aim

space

team

pass

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

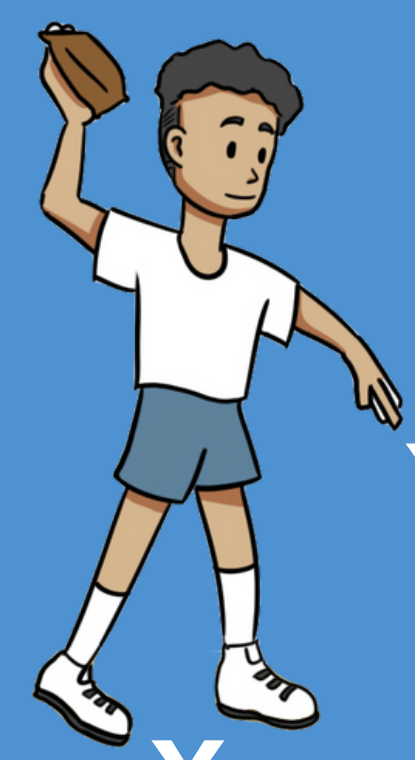
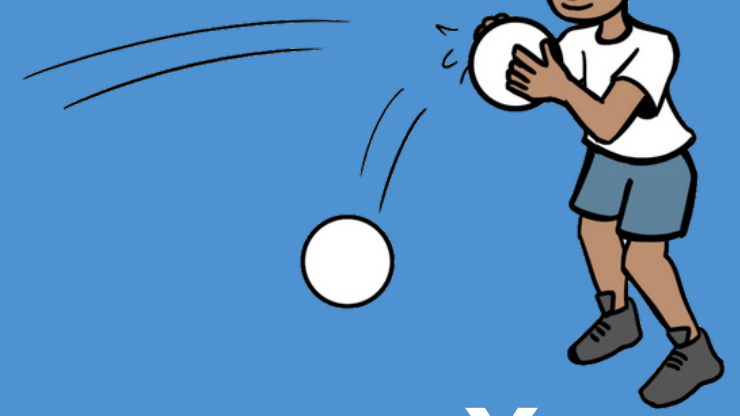
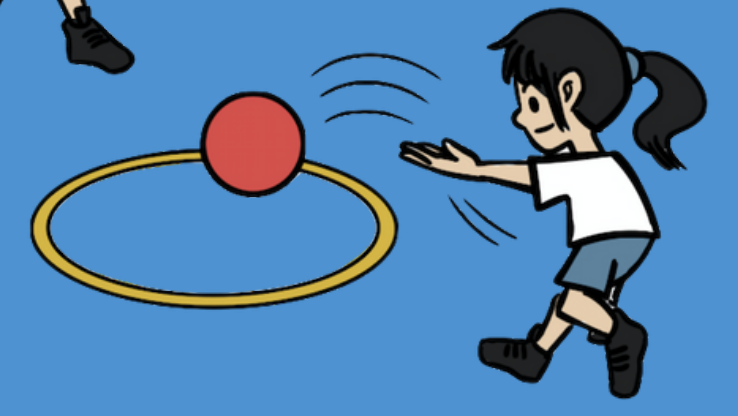
hazard

consistently

sportsmanship

outwit

bunker



Vocabulary Pyramid



Get Set 4 P.E.

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

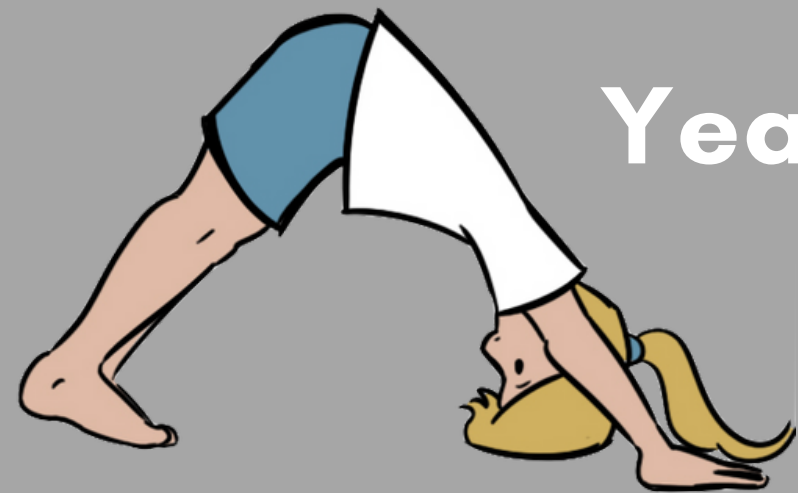


Year 3

strength

try

link



Year 4

perform

flexibility

perform

technique

relax

stable

control

grounded

mindfulness

down dog

Year 5

quality

notice

high lunge

calm

fluidity

develop



Year 6

salutation

transition

aware

collaboratively

practice

connected