

Vocabulary Pyramid Athletics

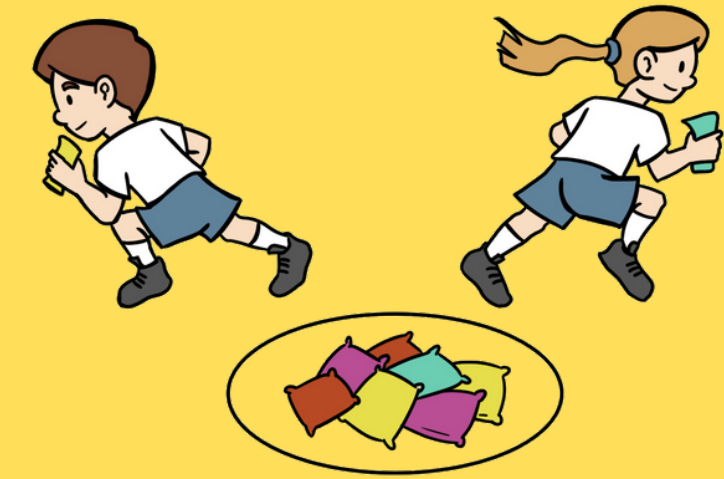


EYFS

Ball Skills

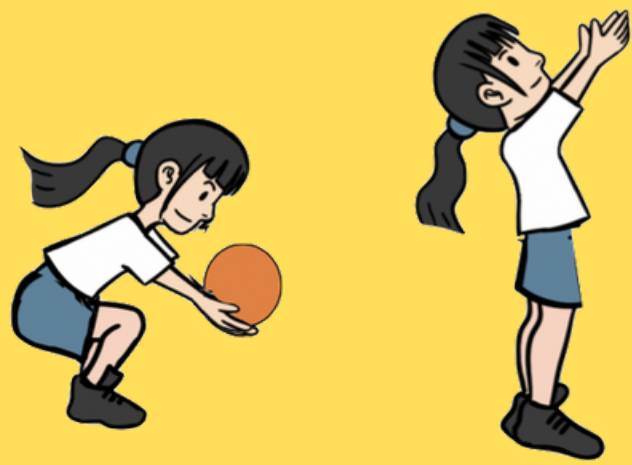
Games

Fundamentals



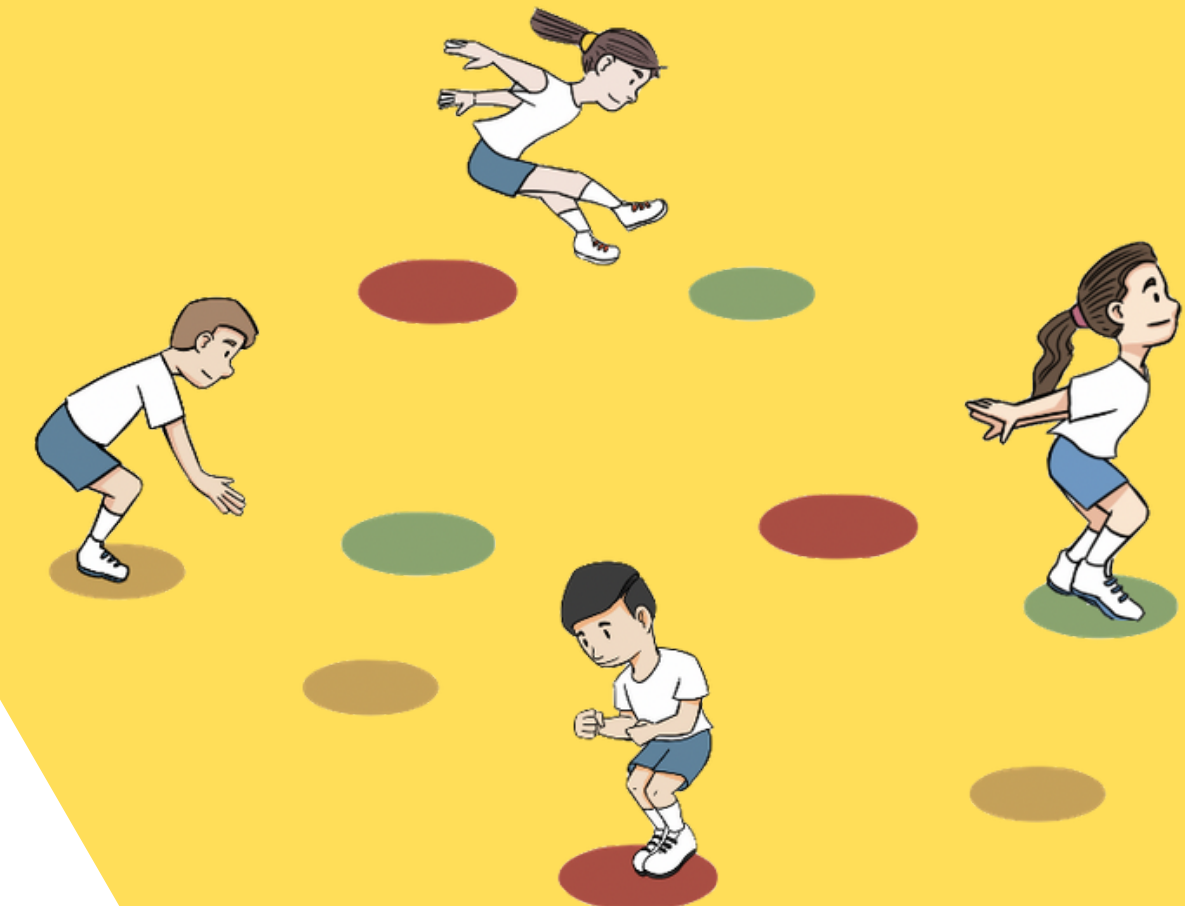
Year 1

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

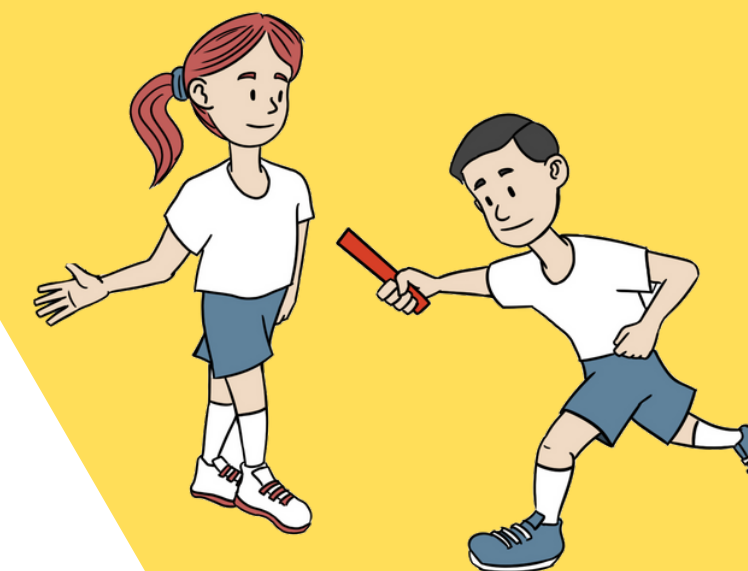


Year 4

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



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

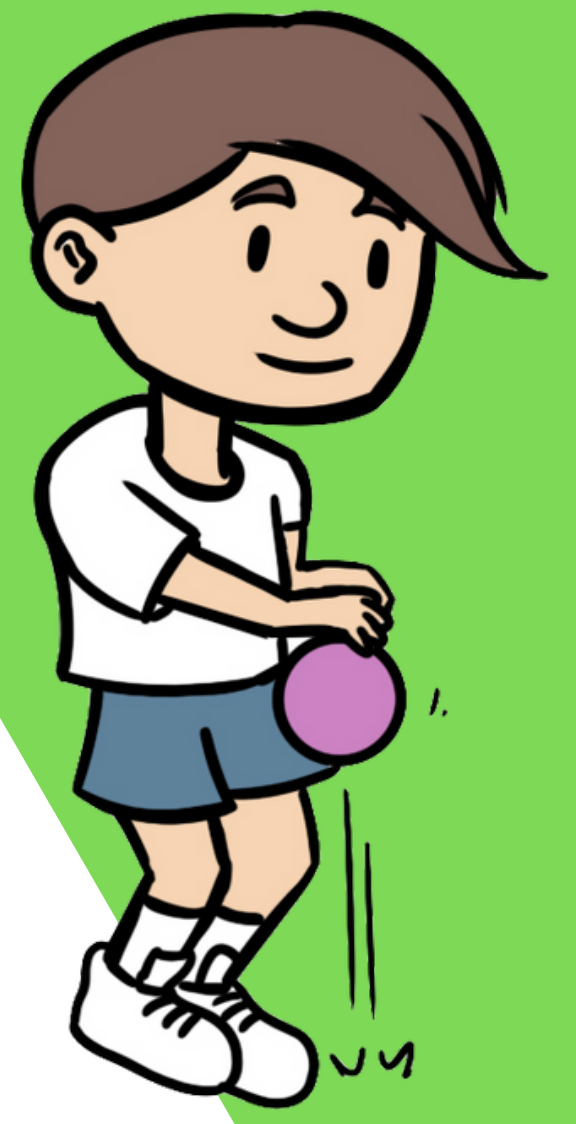
select

control

consistently

technique

persevere



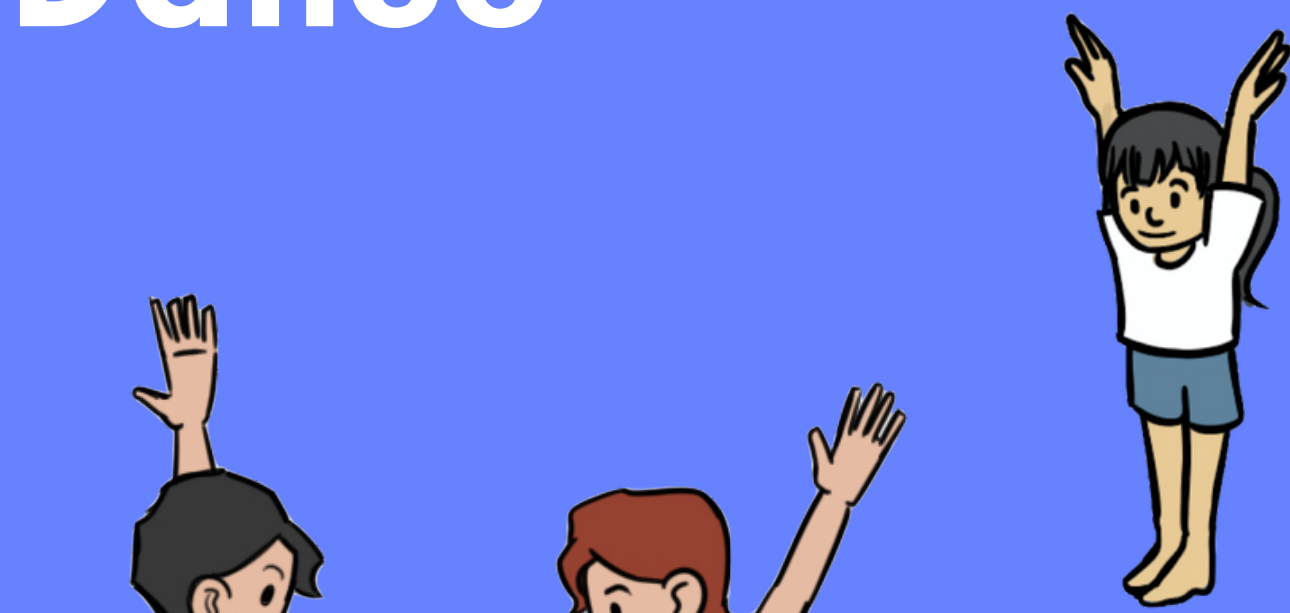
Get Set 4 P.E.

Vocabulary Pyramid

Dance



Get Set 4 P.E.



EYFS

move
copy



shape
space



Year 1

safely
around travel
sideways



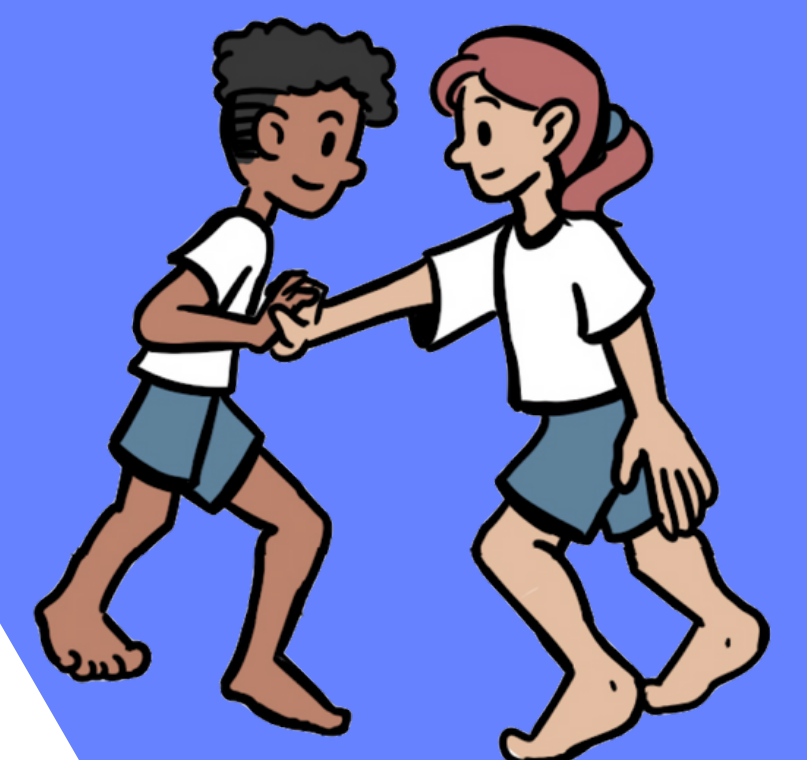
forwards backwards



counts pose level
slow fast balance

Year 2

mirror action pathway
direction speed timing



flow explore create

Year 3

perform match feedback expression



reaction unison

Year 4

represent dynamics control

Year 5

formation posture performance canon relationship



Year 6

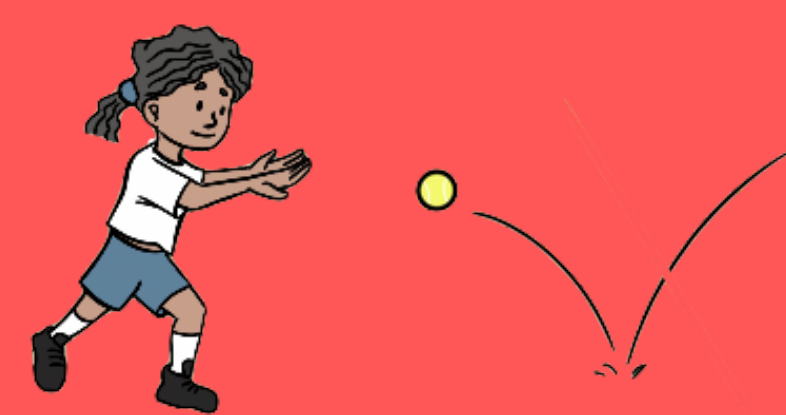
phrase structure fluently connect
choreograph contrast

Vocabulary Pyramid

Fitness



Get Set 4 P.E.



Year 1

EYFS

push

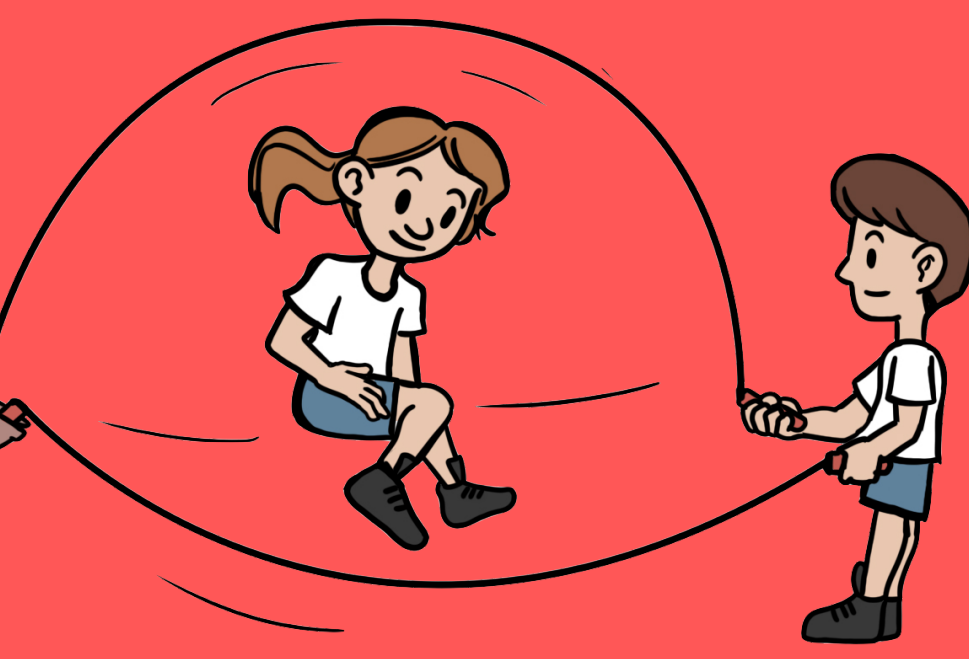
Gymnastics

stop

Fundamentals

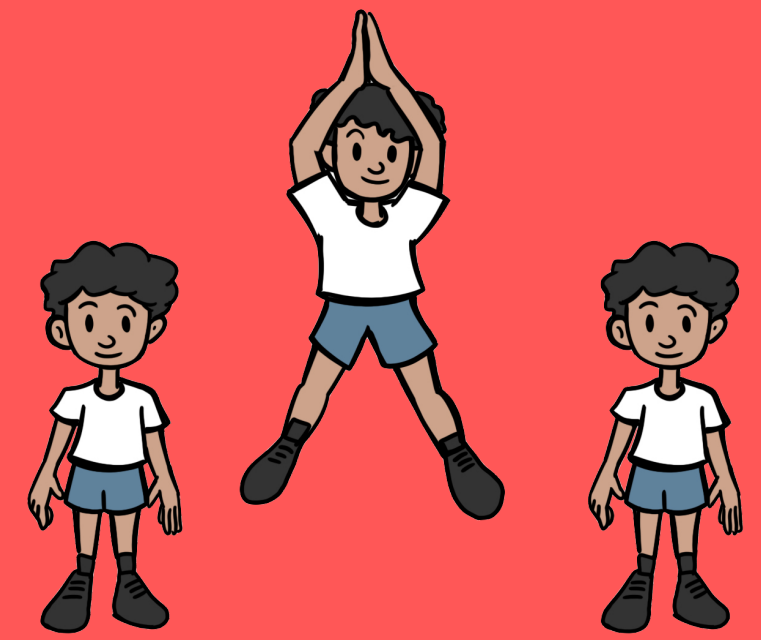
space jump

balance safely



exercise heart lungs

body mood



Year 2

strong pace race

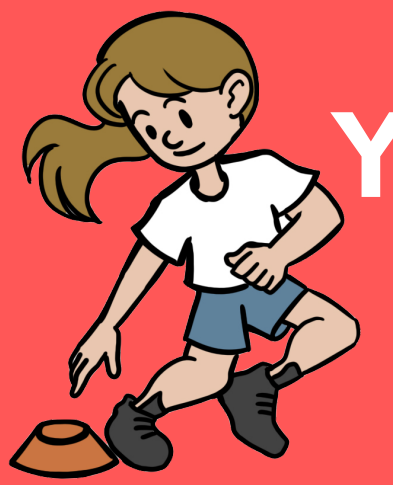
speed jog steady sprint



Year 3

strength accurately

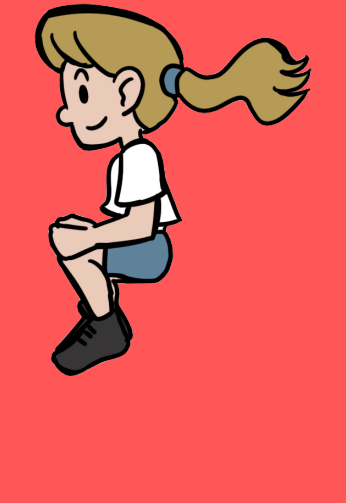
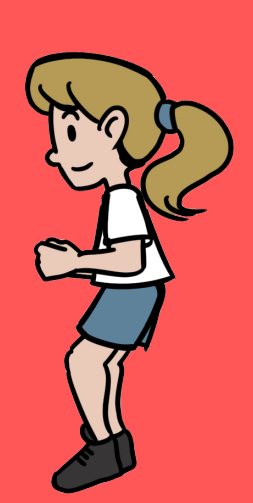
distance balance control



Year 4

technique co-ordination healthy

progress muscle stamina



Year 5

technique 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

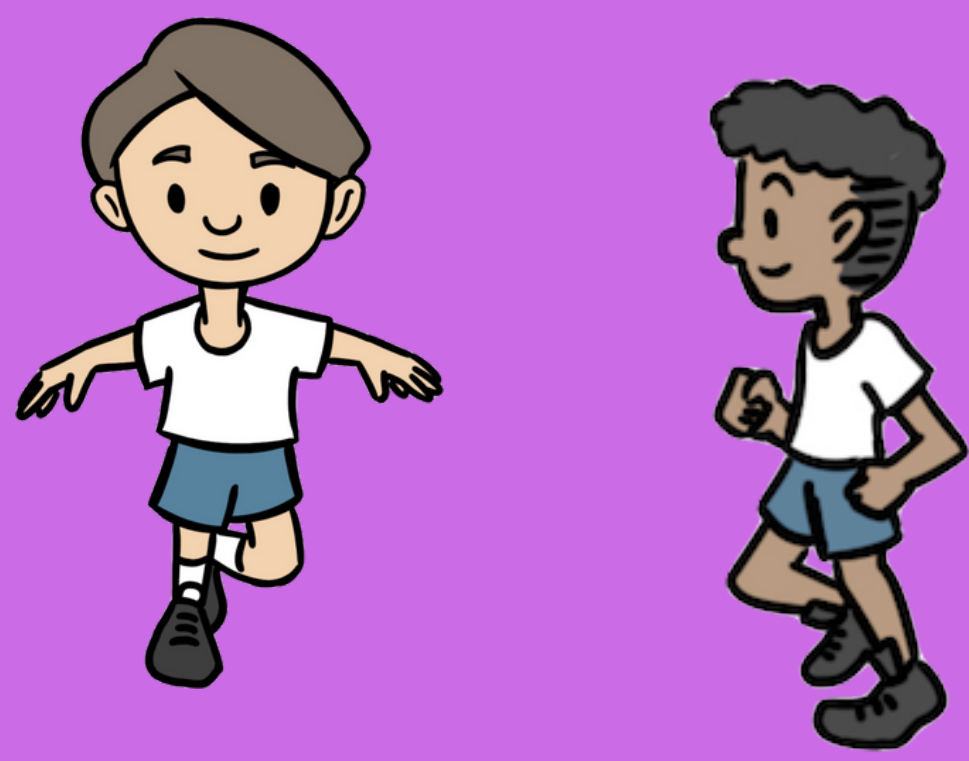


Year 3

momentum decelerate transfer

accelerate pace stability

Year 4

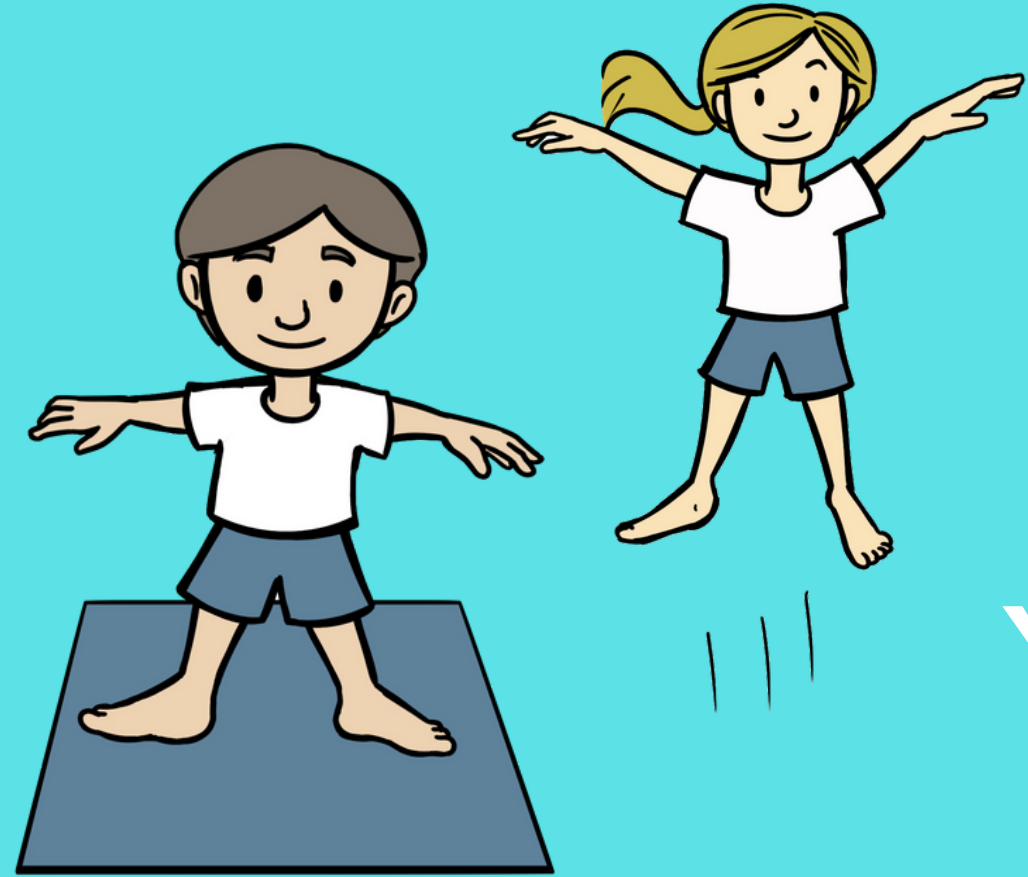
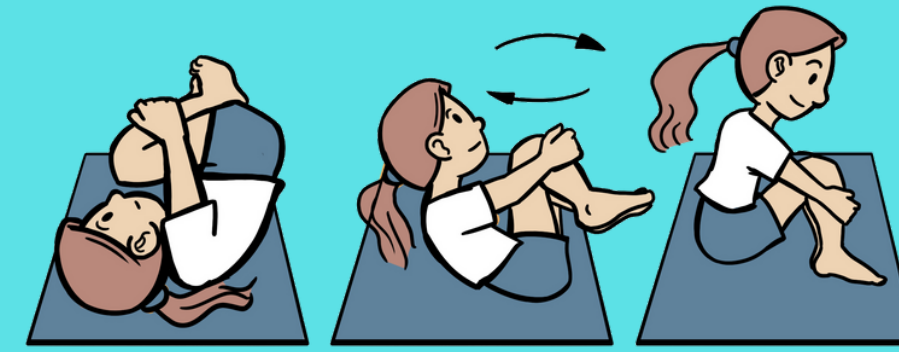


Vocabulary Pyramid

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

symmetrical

rotation

aesthetics

canon

asymmetrical

synchronisation

progression

technique

apparatus

extension

matching

interesting

control

contrasting

quality

perform

inverted

flow

explore

create

link

pathway

sequence

tuck

straddle

speed

star

pike

direction

speed

point

balance

action

jump

roll

level

forwards

backwards

around

safely

rock

space

shape

over

copy

move

Vocabulary Pyramid

Invasion Games



Get Set 4 P.E.

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

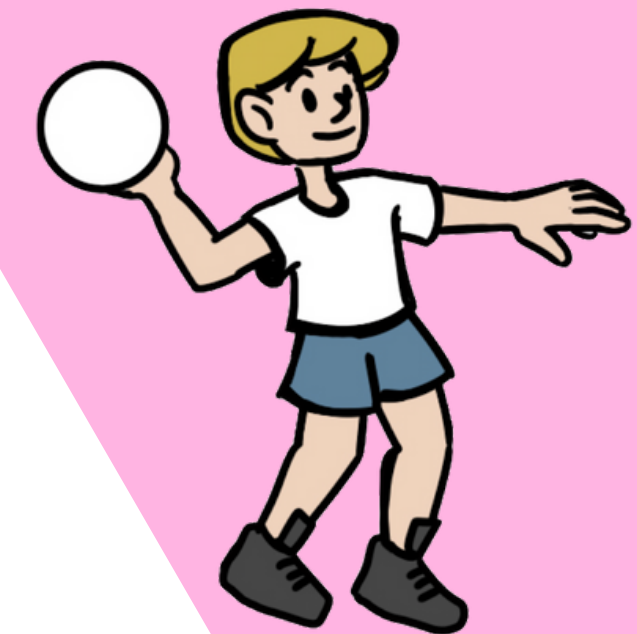
pivot court field pitch

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

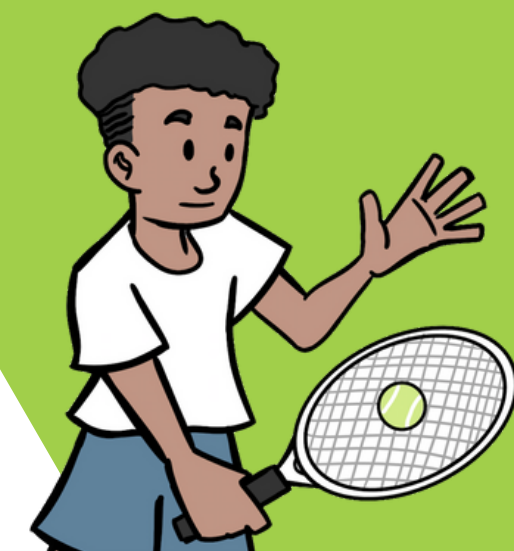
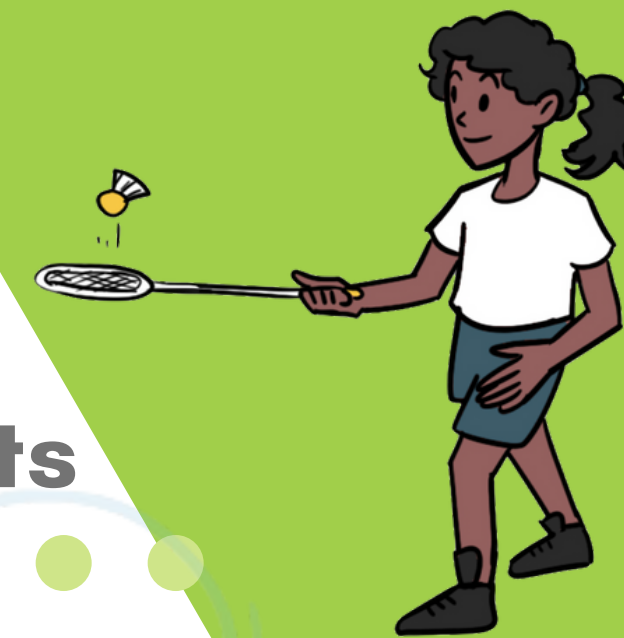
receiver backhand
outwit court forehand

volley footwork set

tactics co-operatively continuously dig

deep forecourt defensive

consecutive consistently backcourt attacking

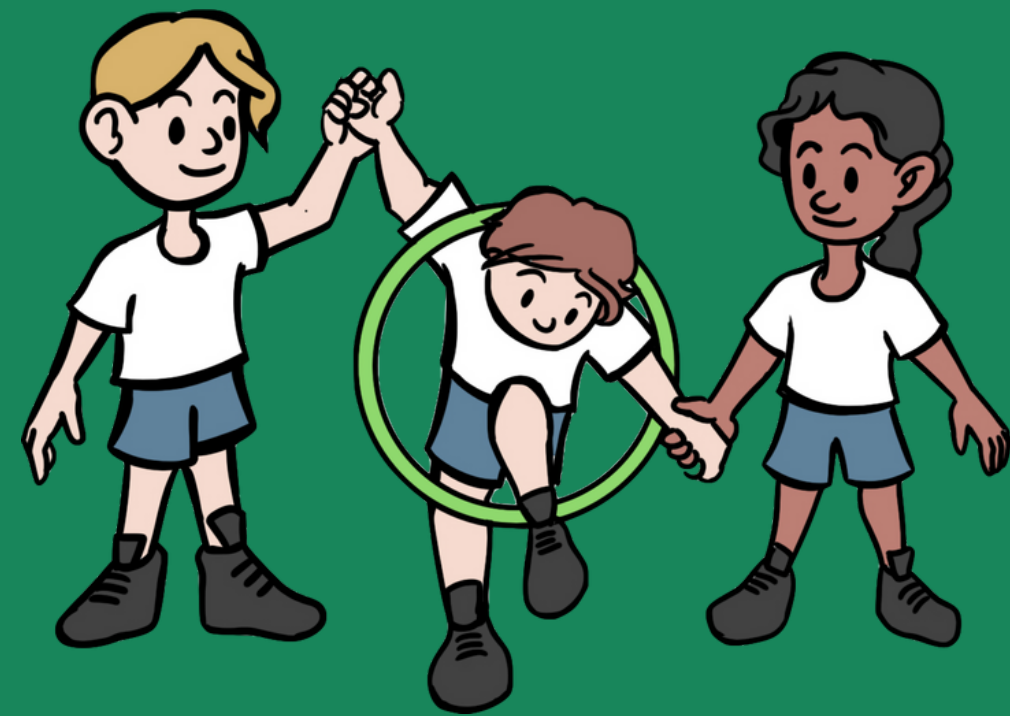


Vocabulary Pyramid

OAA



Get Set 4 P.E.



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

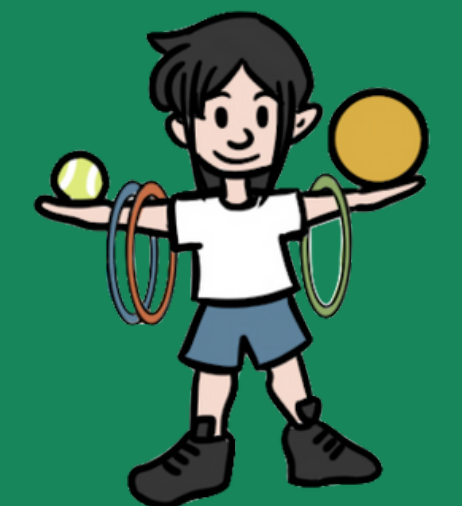
rules route trust

navigate grid discuss plan



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

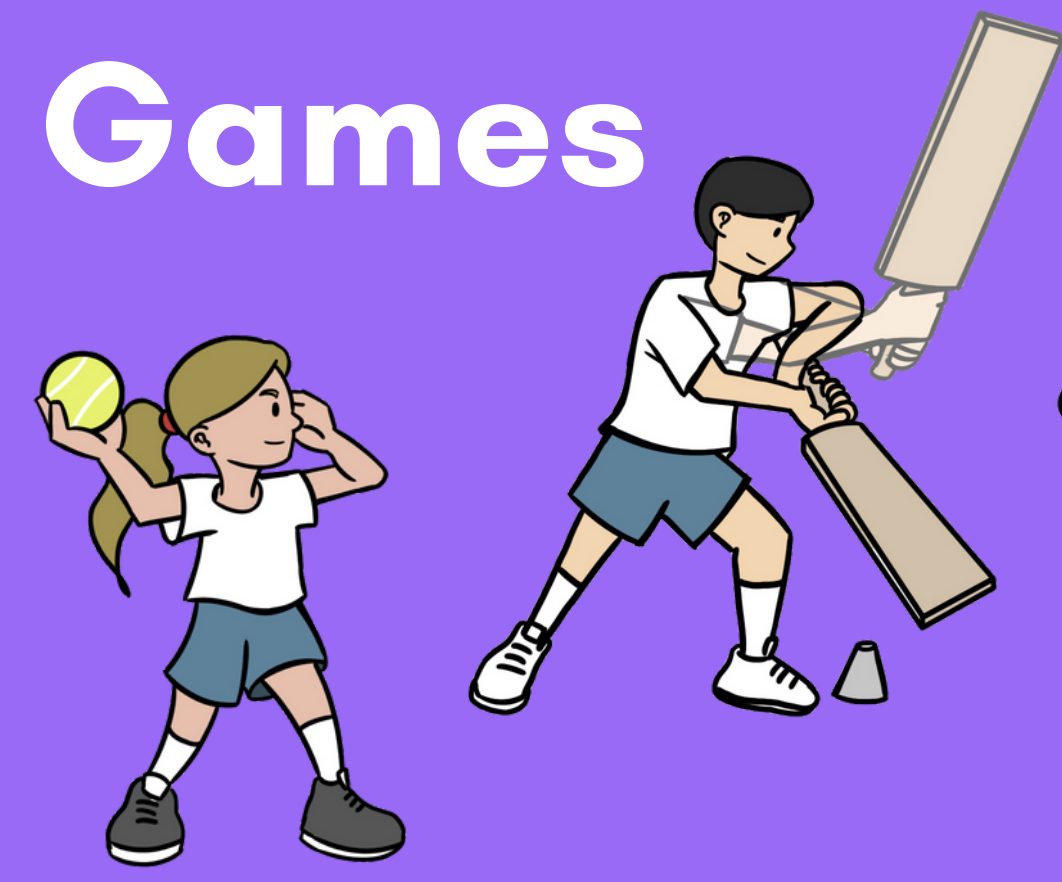
Vocabulary Pyramid

Striking and Fielding

Games



Get Set 4 P.E.



Year 1

EYFS

run

Games

pass

Ball Skills

roll

team

Fundamentals

space

around

forwards

backwards



hit

points

target

throw

score

catch

Year 2

fielder

send

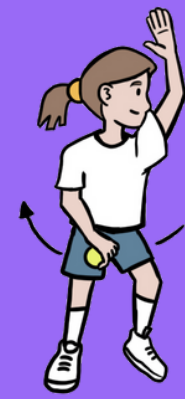
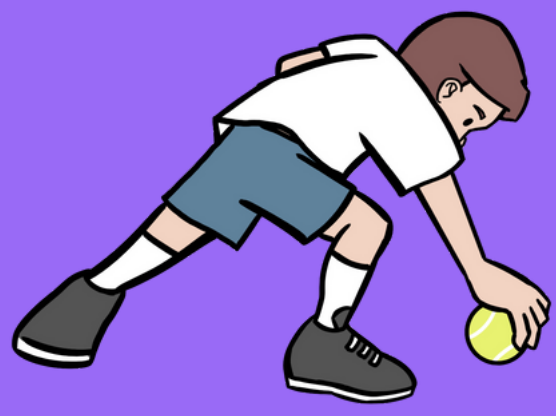
teammate

runs

batter

received

bowler



Year 3

strike

grip

rounder

backstop

bowl



post

wicket

batting

wicket keeper

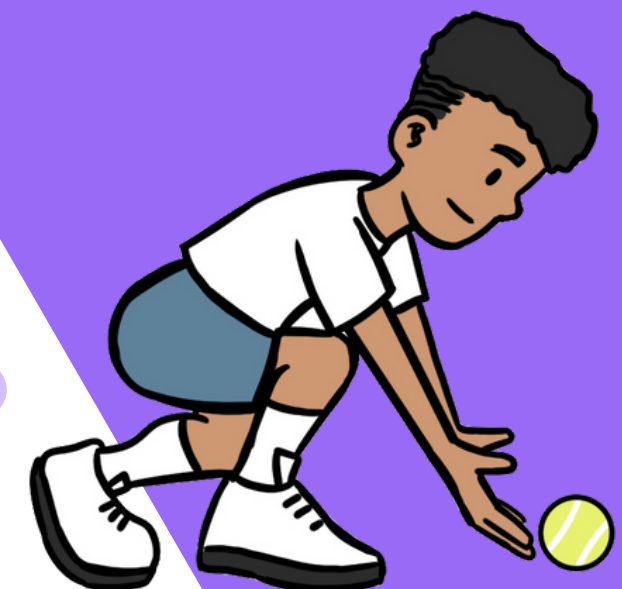
fielding

stance

retrieve

opposition

stumped



Year 5

two-handed pick up

technique

short barrier

pressure

backing up

support

overtake

tracking

outwit

tactics

Year 6

obstruction

continuous

drive hit

consecutive

consistently

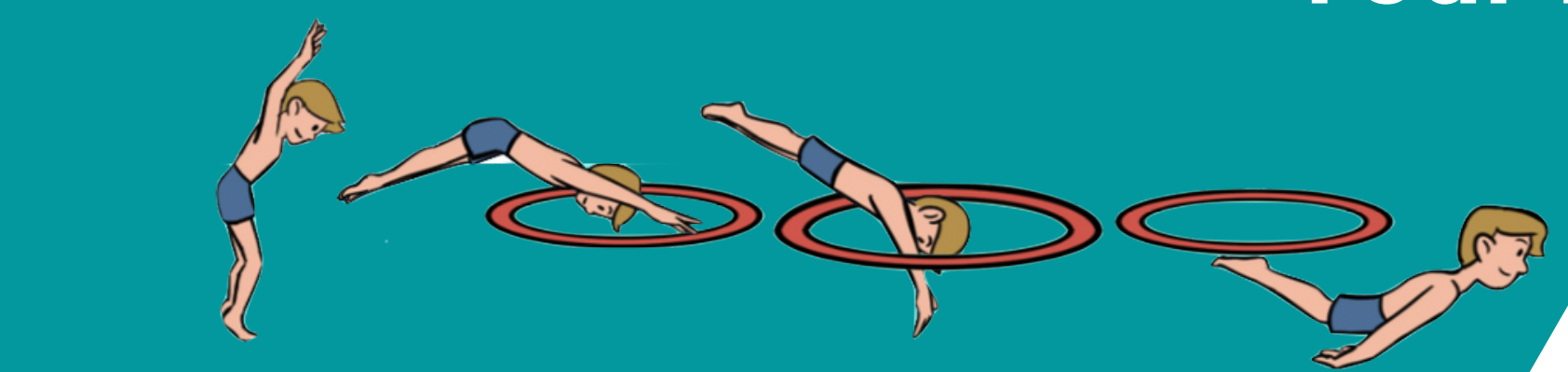
co-operatively

defensive hit



Vocabulary Pyramid

Swimming



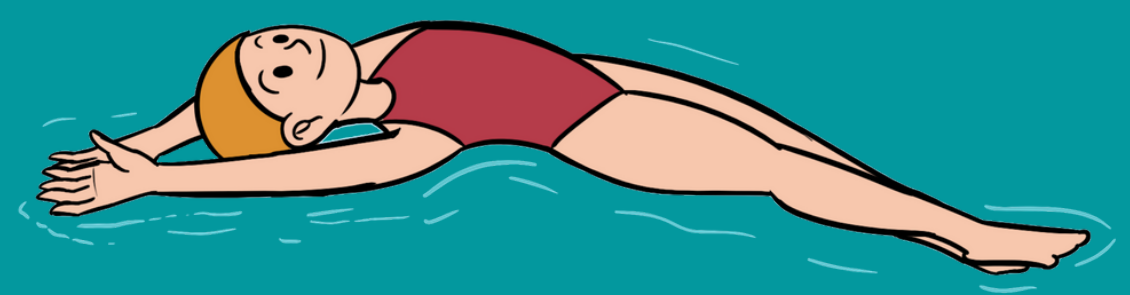
Year 1

exit

enter front



travel rules

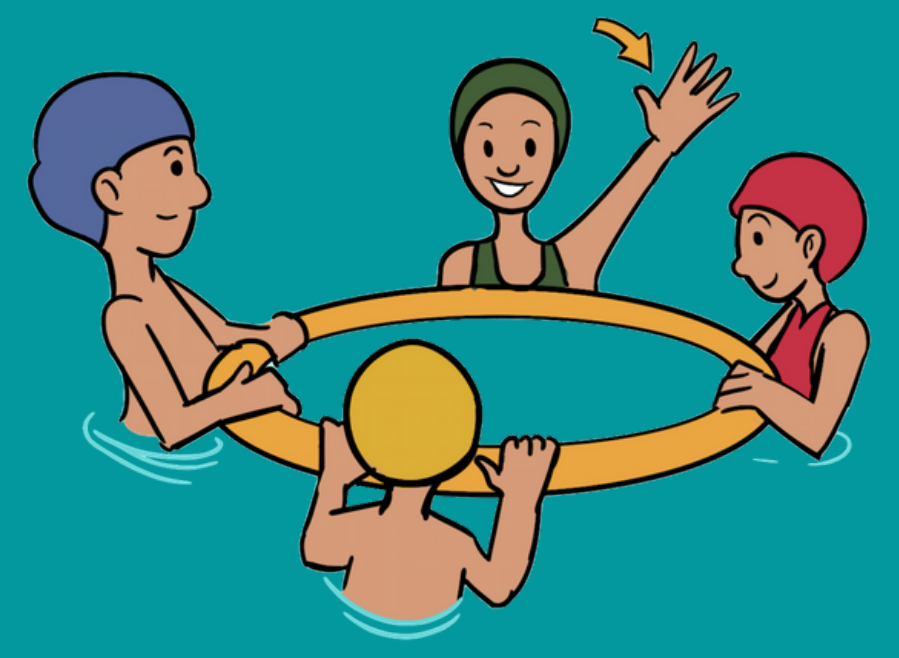


safely kicking back

Year 2

pulling splash unaided

gliding floating breathing



Year 3

sculling crawl breaststroke

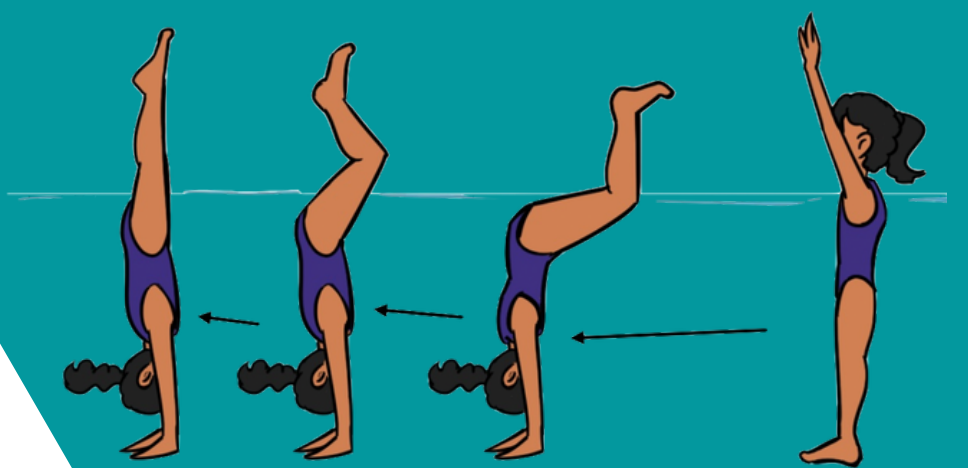
submersion rotation backstroke



Year 4

stroke huddle alternate

survival treading water buoyancy



Year 5

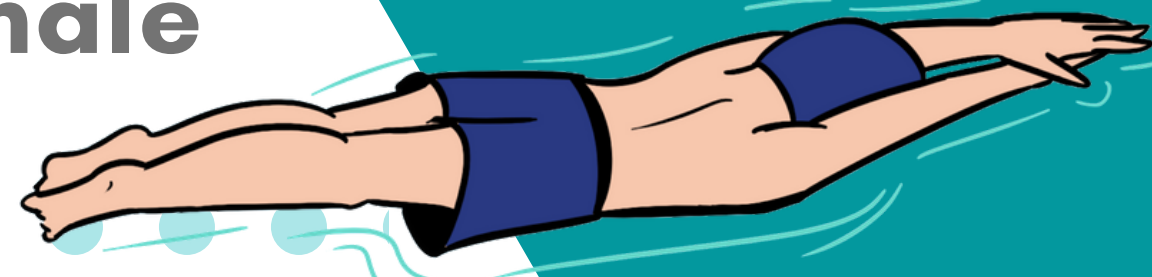
exhale flutter kick surface

somersault personal best inhale



Year 6

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

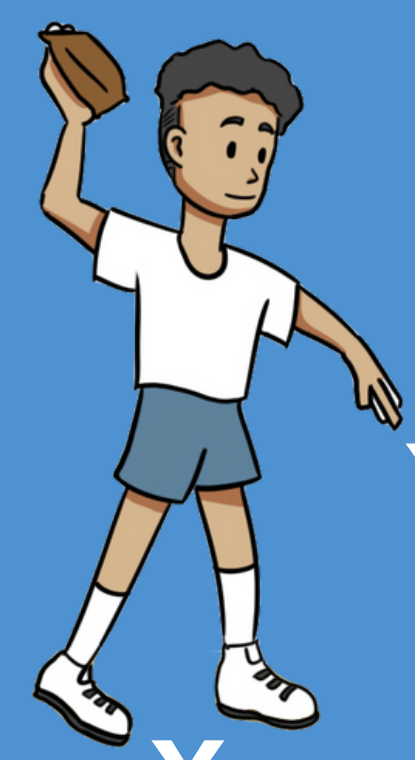
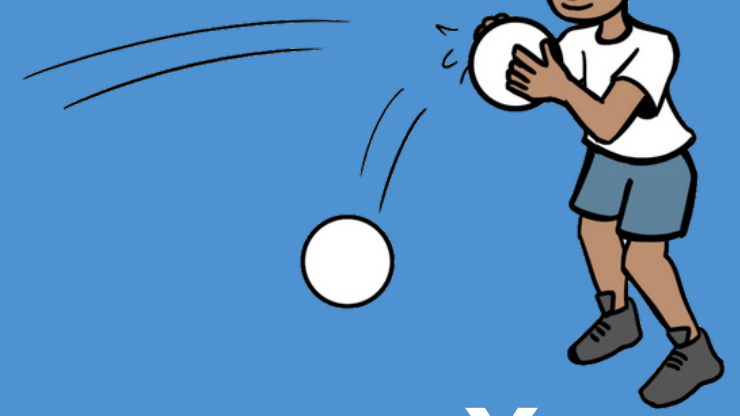
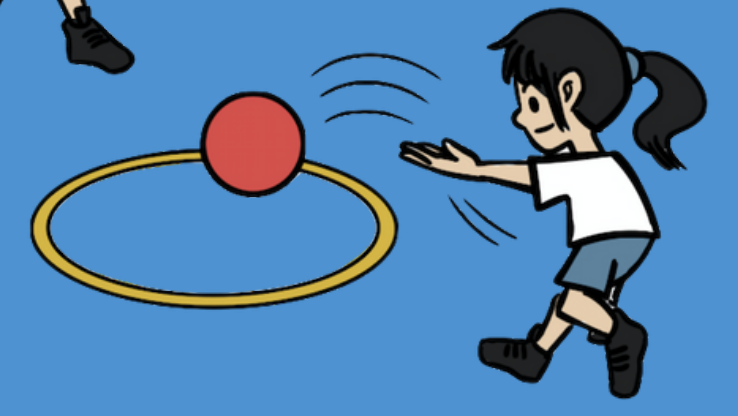
hazard

consistently

sportsmanship

outwit

bunker



Vocabulary Pyramid

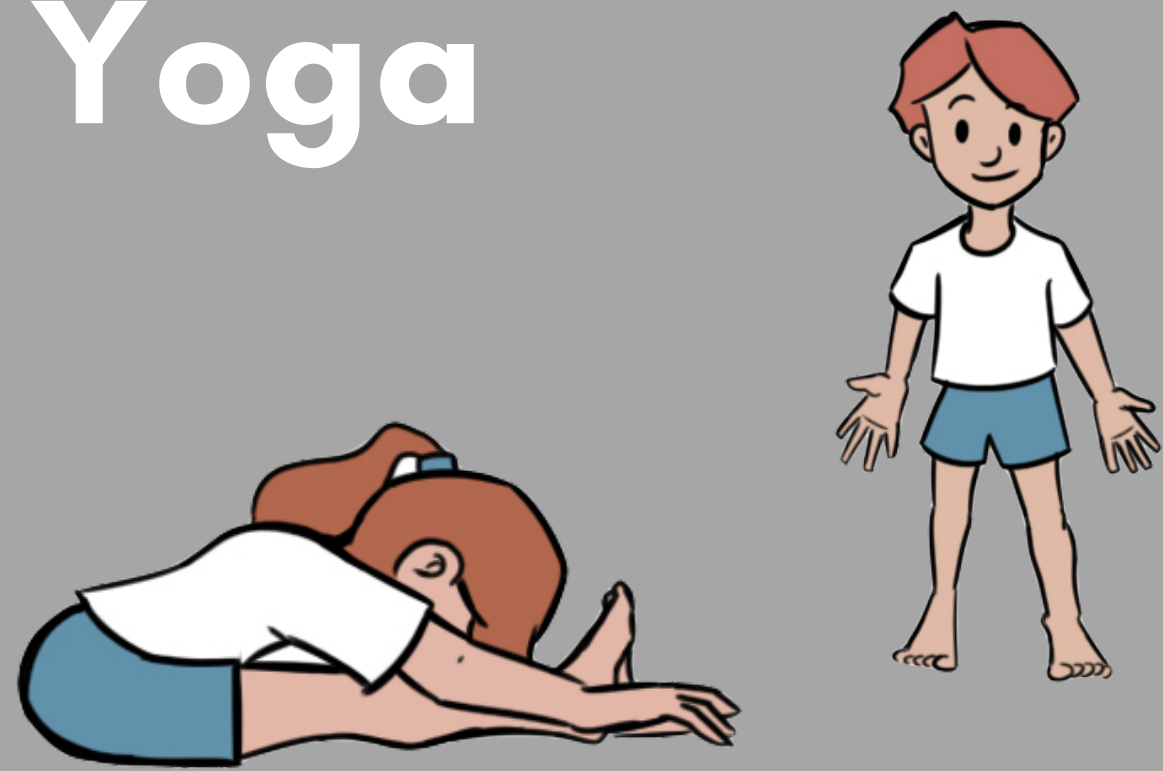


Get Set 4 P.E.

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

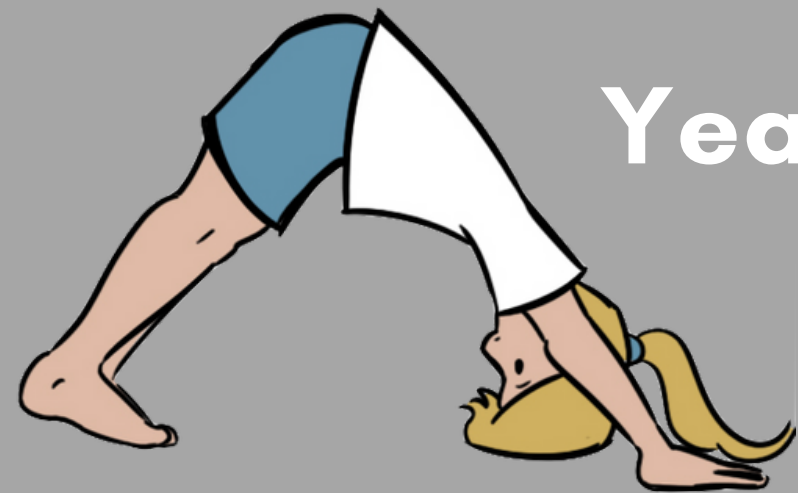


Year 3

strength

try

link



Year 4

perform

flexibility

perform

technique

relax

stable

control



Year 5

quality

notice

calm

develop

high lunge

fluidity



Year 6

salutation

transition

aware

collaboratively

practice

connected