



Vocabulary Pyramid

Athletics

Y6

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



Y5

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

Y4

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

Y3

accuracy personal best relay
baton event power speed
strength
technique

Y2

aim distance far height
landing
sprint
take off



Y1

control leap quickly underarm
further overarm time
walk

EYFS

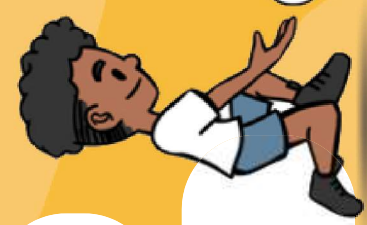
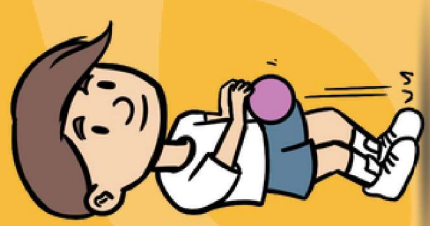
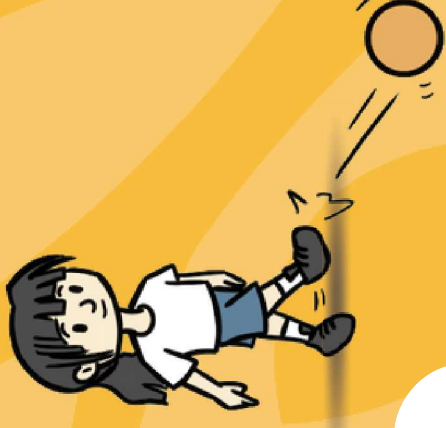
balance fast jump run slow target
bend hop land safe space throw
direction jog rules safely stop

- Ball Skills
- Fundamentals
- Games



Vocabulary Pyramid

Ball Skills



Y4

cushion momentum react
decision pressure

Y3

accurate opponent possession technique
block personal best power

Y2

collect prepare receive release touch

Y1

control ready soft swing track underarm
position

EYFS

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



Vocabulary Pyramid

Dance



Y6

aesthetic inspiration rehearse
express mood stimulus
freeze frame refine style

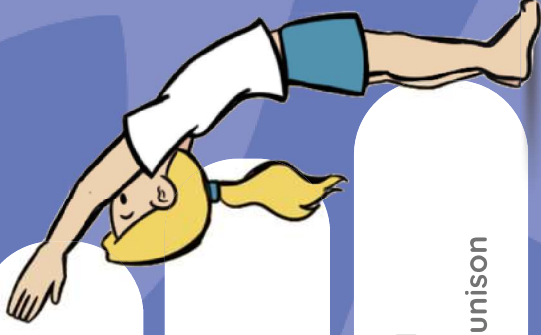


Y5

choreograph collaboratively motif quality
choreography genre posture transition

Y4

action and reaction order phrase represent structure
flow performance relationship rhythm



Y3

canon extend formation
explore feedback interact

Y2

create expression mirroring speed
dynamics matching perform unison



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



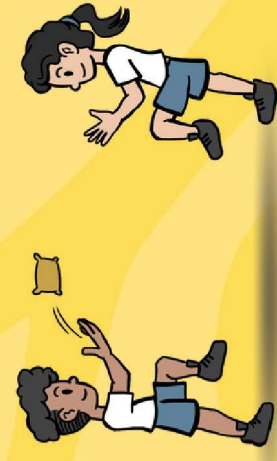
Get Set 4
Education

Vocabulary Pyramid

Fitness

Y6

abdominals calves quadriceps
analyse engage rhythm



Y5

consistent measure persevere stable
drive motivate power

Y4

accelerate dynamic record
decelerate react static

Y3

agility control stamina technique
co-ordination progress strength



Y2

speed sprint steady time tired

Y1

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

EYFS

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

- Gymnastics
- Fundamentals



Vocabulary Pyramid

Fundamentals



Y4

accelerate momentum stability
decelerate react

Y3

agility control technique
co-ordination rhythm

Y2

hurdle speed sprint take off weight

Y1

dodge jog ready
position skip swing

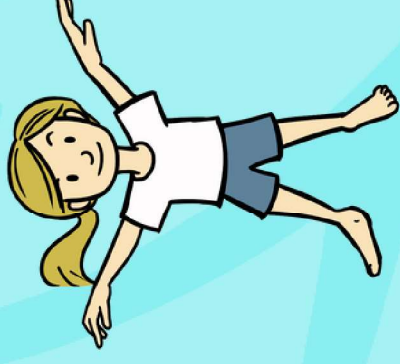
EYFS

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



Vocabulary Pyramid

Gymnastics

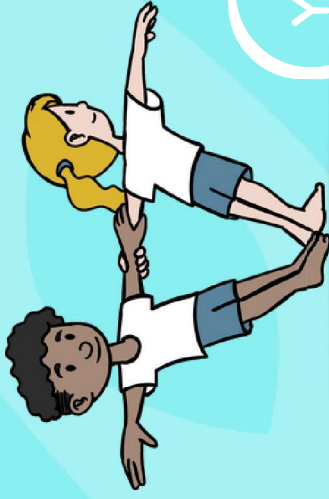


Y6

aesthetics
competent
contrasting
counter balance

counter tension
engage
execution
flight
formation

handstand
progression
refine
structure
vault



Y5

asymmetrical
canon
cartwheel
decide

extension
identify
mirroring

observe
performance
quality
stable

symmetrical
synchronisation
transition

Y4

bridge
inverted

fludily
momentum
rotation

perform
shoulder stand

wrist grip
stability

Y3

body tension
contrast

extend
flow

landing position
match

patch
point

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



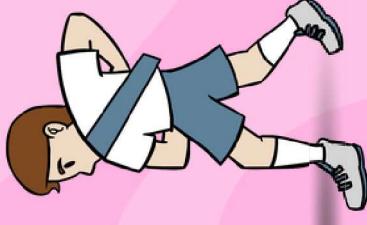
Vocabulary Pyramid

Invasion Games



Y6

abide consecutive dictate
appropriate consistently draw transition
assess contest extend turnover
ball side definite react



Y5

angle close down drive situation stance
ball carrier create maintain sporting behaviour
barrier dominant rebound sportsmanship

Y4

accelerate delay limit offside pressure tackle
cushion deny momentum onside protect timing
decision gain obstruct option support

Y3

accurate court opposition referee tournament
communicate intercept pitch teamwork umpire
control invasion receiver receiver technique



Y2

attack opponent send teammate
defend possession shoot tactic
goalkeeper receive

Sending and Receiving

Y1

attacker defender dodge goal mark track
defender goal

Sending and Receiving

EYFS

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

- Ball Skills
- Fundamentals
- Games

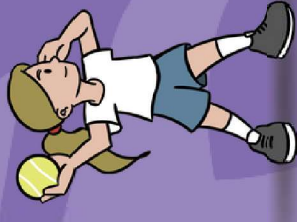


Vocabulary Pyramid

Striking and Fielding Games

Y6

abide collaborate
appropriate consecutive
assess consistently



Y5

backing up deep catch situation
close catch long barrier stance

Y4

compete decision momentum retrieve
cushion limit pressure

Y3

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



Y2

backstop runs tactics teammate
collect stump

Sending and Receiving

Y1

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

Sending and Receiving

EYFS

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

- Ball Skills
- Fundamentals
- Games



Vocabulary Pyramid

Target Games



Y6

abide appropriate collaborate
anticipate assess trajectory

Y5

align fake officiate situation
angle force par stance

Y4

adjust avoid cushion decision relaxed support

Y3

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

Y2

accurate ahead opponent strike teammate
release

Y1

balance distance further swing underarm
overarm

EYFS

aim catch hit lose ready run space team
ball caught jog partner roll safely stop throw
bounce dribble jump jump points rules score target win
• Ball Skills
• Fundamentals
• Games

