



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 rules safe space throw  
direction jump rules safely stop

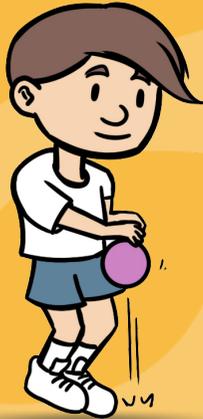
- Ball Skills
- Fundamentals
- Games



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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

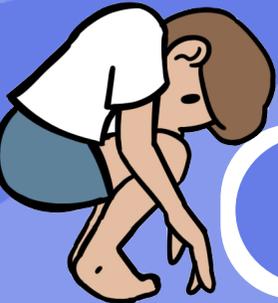




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# Vocabulary Pyramid

## 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

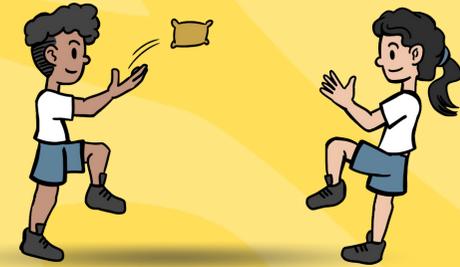
|        |                 |      |         |        |                |        |
|--------|-----------------|------|---------|--------|----------------|--------|
| action | direction       | high | move    | shape  | space          | travel |
| counts | finish position | low  | quickly | slowly | start 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 squeeze 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          |
|            |             | vault           |

Y5

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

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  | 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 supporting  
limit delay obstruct opposing accelerate  
deny gain option momentum

Y3

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

Y2

goalkeeper opponent defend attack  
possession send receive 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 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



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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

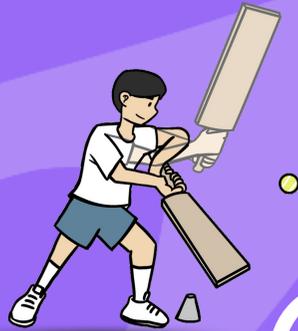
backwards forwards path safely sideways stop  
direction partner rules score space team

• Introduction to PE  
• Games



# 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

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

- Ball Skills
- Fundamentals
- Games





Get Set 4 Education

# 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