



Get Set 4
Education

Vocabulary Pyramid

Athletics



Y6

Y6

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

Y5

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

Y4

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

Y3

personal best technique speed relay power baton accuracy event strength

Y2

sprint landing aim distance height far take off

Y1

walk quickly underarm further time leap overarm control

EYFS

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

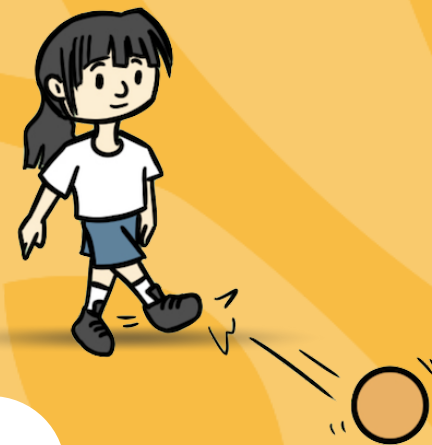
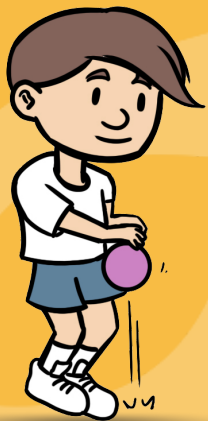
- Ball Skills
- Fundamentals
- Games



Get Set 4
Education

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

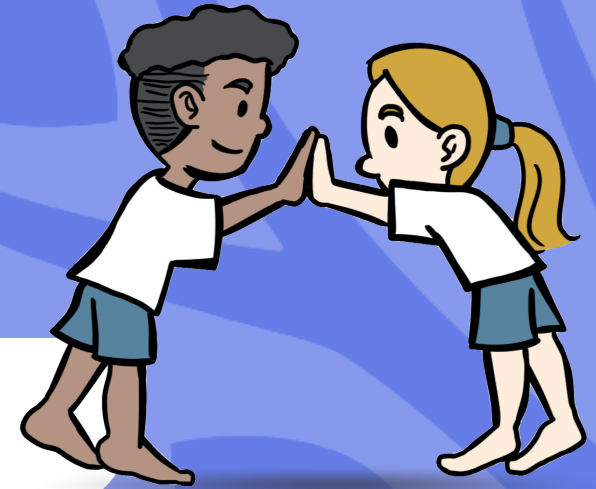




Get Set 4
Education

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



Get Set 4
Education

Vocabulary Pyramid

Fitness



Y6

analyse
rhythm

engage
abdonimals

calves
quadriceps

Y5

drive
measure

consistent
motivate

persevere
power

stable

Y4

record
accelerate

react
decelerate

static
dynamic

Y3

agility
co-ordination

control
progress

stamina
strength

technique

Y2

sprint
speed

steady
time

tired

Y1

active
brain
breathing

calm
exercise
healthy

heart
memory
mood

muscles
bones
quick

strong

EYFS

balance
bend
copy

fast
hold
hop

jump
land
run

safely
slow
squeeze

still
space
travel

stop

- Gymnastics
- Fundamentals



Get Set 4
Education

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
bend
crawl

direction
hop
fast

jump
land
rules

run
safely
slide

slow
space
stop

travel

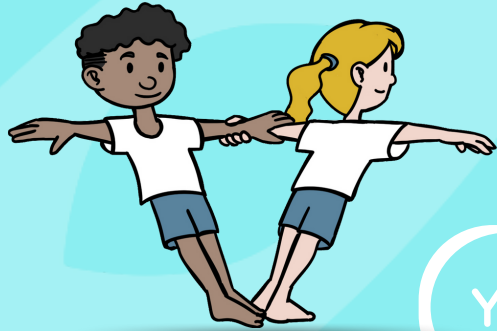
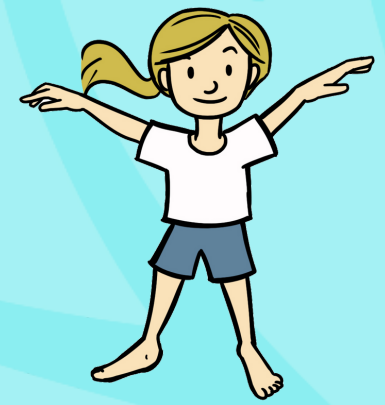




Get Set 4
Education

Vocabulary Pyramid

Gymnastics



Y6

aesthetics contrasting counter tension
competent progression counter balance
engage flight formation structure
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
fludily momentum rotation stability wrist grip

Y3

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



Y2

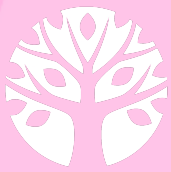
link pathway pike sequence straddle tuck

Y1

action control direction level speed

EYFS

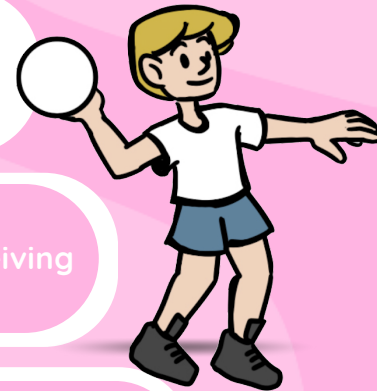
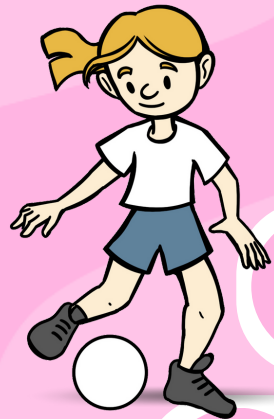
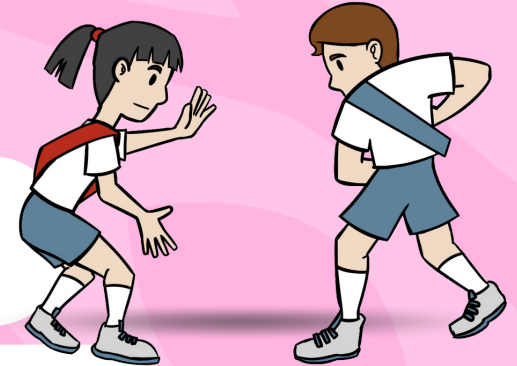
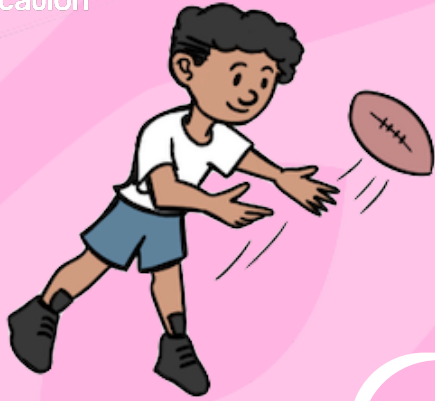
around copy land roll star
balance hold over shape still through
bend jump rock squeeze straight travel



Get Set 4
Education

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
deny gain option momentum supporting
accelerate

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
teammate tactic shoot

Y1

attacker goal mark
defender track dodge

EYFS

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

Sending and Receiving

Sending and Receiving

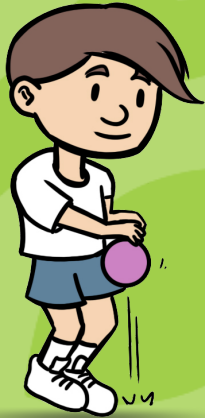
- Ball Skills
- Fundamentals
- Games



Get Set 4
Education

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

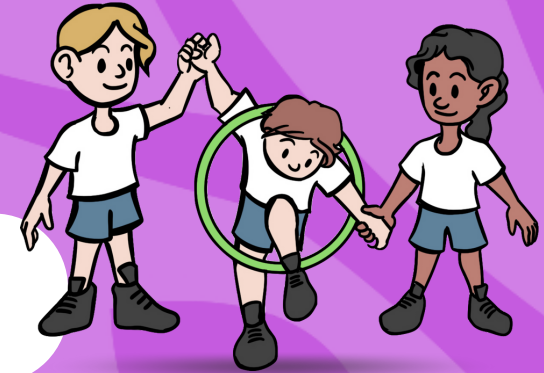
- Ball Skills
- Fundamentals
- Games



Get Set 4
Education

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

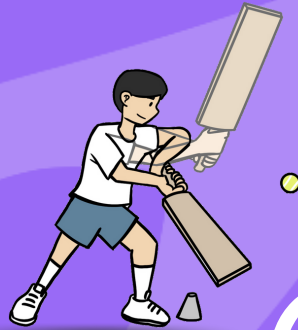




Get Set 4
Education

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



Get Set 4
Education

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 treading water
floating handstand sinking surface dive water safety

Y2

enter exit float glide pull



Y1

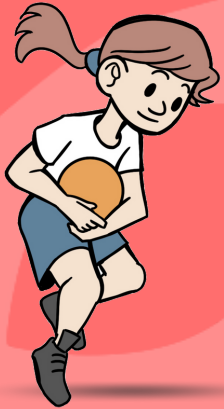
back breath front rules splash
blow bubbles kick safely travel



Get Set 4
Education

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

• Ball Skills
• Fundamentals
• Games

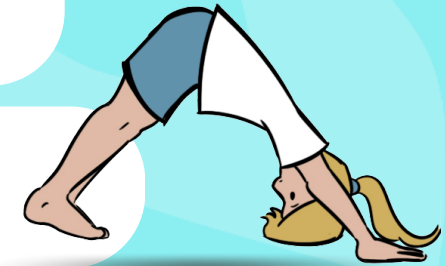




Get Set 4
Education

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