About this Document

These vocabulary pyramids illustrate language progression throughout Get Set 4 PE. While we regularly revisit language in our content to reinforce understanding, the pyramids highlight where key vocabulary is first introduced and where children are encouraged to use it within the given context.

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Vocabulary Pyramid

Athletics





Y6

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

Y5

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

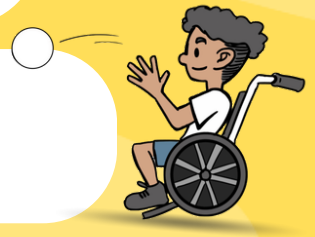
Y4

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

Y3

accuracy, baton, event, personal best, power, relay, speed, strength, technique





Y2

aim, distance, far, height, landing, sprint, take off

Y1

control, further, leap, overarm, quickly, time, underarm, walk

EYFS

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

- Ball Skills
- Fundamentals
- Games

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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



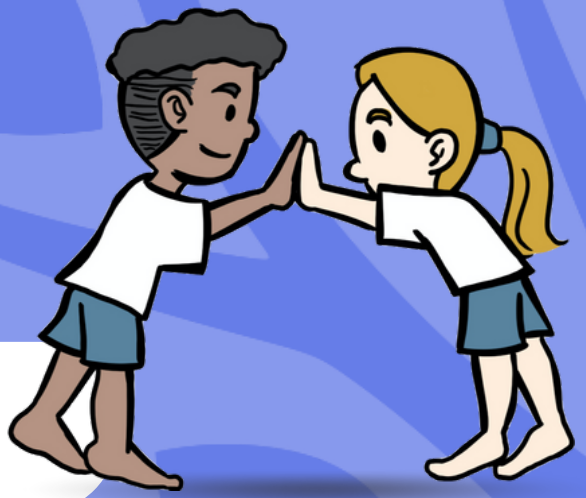
Y1
control, ready position, soft, swing, track, underarm

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

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Vocabulary Pyramid

Dance





Y6

aesthetic, express, freeze frame, inspiration, mood, refine, rehearse, stimulus, style

Y5

choreograph, choreography, collaboratively, genre, motif, posture, quality, transition

Y4

action and reaction, flow, order, performance, phrase, relationship, represent, rhythm, structure



Y3

canon, explore, extend, feedback, formation, interact



Y2

create, dynamics, expression, matching, mirroring, perform, speed, unison

Y1

balance, beat, copy, fast, level, pathway, pose, timing

EYFS

action, counts, direction, finish position, high, low, move, quickly, shape, slowly, space, start position, travel

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Vocabulary Pyramid

Fitness











Y6
abdonimals, analyse, calves, engage, quadriceps, rhythm

Y5
consistent, drive, measure, motivate, persevere, power, stable

Y4
accelerate, decelerate, dynamic, react, record, static

Y3
agility, co-ordination, control, progress, stamina, strength, technique

Y2
speed, sprint, steady, time, tired

Y1
active, bones, brain, breathing, calm, exercise, healthy, heart, memory, mood, muscles, quick, strong

EYFS
balance, bend, copy, fast, hold, hop, jump, land, run, safely, slow, space, squeeze, still, stop, travel

- Gymnastics
- Fundamentals

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

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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, fludily, inverted, momentum, perform, rotation, shoulder stand, stability, wrist grip



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

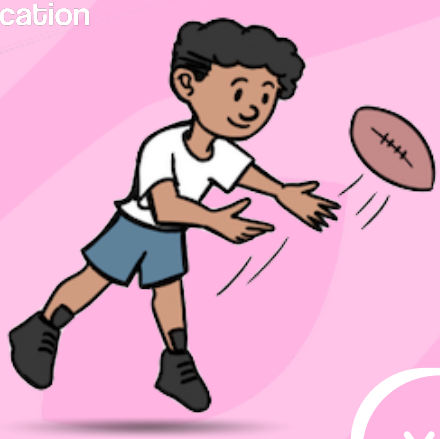
EYFS

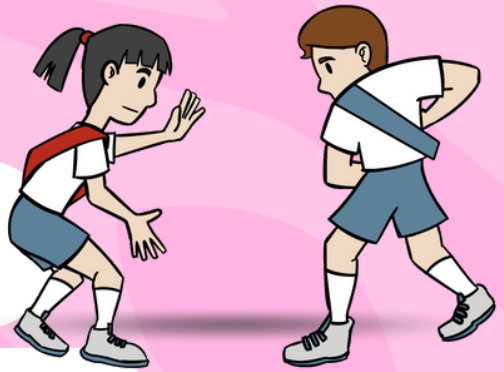
around, balance, bend, copy, hold, jump, land, over, rock, roll, shape, squeeze, star, still, straight, through, travel

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Vocabulary Pyramid

Invasion Games

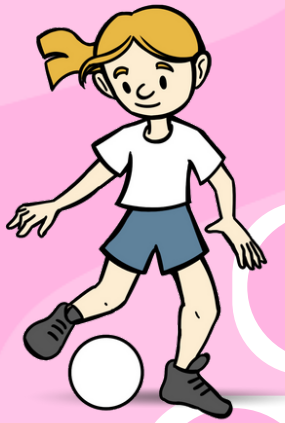




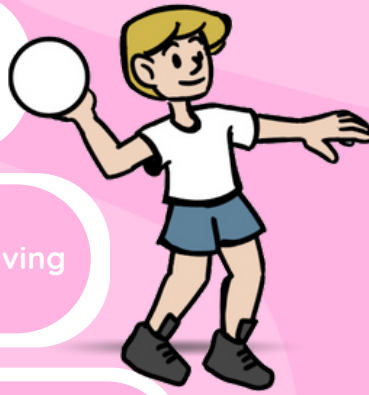
Y6
abide, appropriate, assess, ball side, consecutive, consistently, contest, definite, dictate, draw, extend, react, transition, turnover

Y5
angle, ball carrier, barrier, close down, create, dominant, drive, maintain, rebound, situation, sporting behaviour, sportsmanship, stance

Y4
accelerate, cushion, decision, delay, deny, gain, limit, momentum, obstruct, offside, onside, option, pressure, protect, support, tackle, timing



Y3
accurate, communicate, control, court, intercept, invasion, opposition, pitch, receiver, referee, teamwork, technique, tournament, umpire



Y2
attack, defend, goalkeeper, opponent, possession, receive, send, shoot, tactic, teammate

Sending and Receiving

Y1
attacker, defender, dodge, goal, mark, track

Sending and Receiving

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

- Ball Skills
- Fundamentals
- Games

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Vocabulary Pyramid

Net and Wall Games

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Y6

abide, appropriate, direct, doubles, footwork, limit, opposing, placement, prepare, recover, service, stance, thrust

Y5

adjust, baseline, communicate, consecutive, create, cushion, dominant, grip, groundstroke, non-dominant, option, pressure, readjust, release, serve, situation, sportsmanship, technique

Y4

alternate, co-operative, compete, contact, continuous, deny, extend, receiver, reflect, swing



Y3

backhand, competition, control, co-operation, court, face, forehand, opponent, opposition, rally, react, tactic



Y2

against, defend, quickly, receive, return, trap

Sending and Receiving

Y1

net, racket, ready position, track, underarm

Sending and Receiving

EYFS

aim, catch, direction, hit, lose, partner, points, rules, run, safely, score, space, stop, target, throw, win

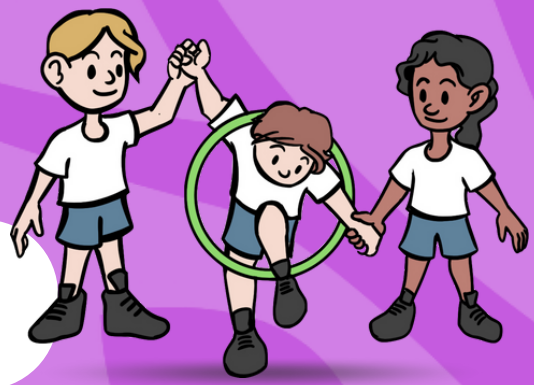
- Ball Skills
- Fundamentals
- Games

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Vocabulary Pyramid

OAA









Y6
adhere, approach, contribute, determine, evaluate, inclusive, location

Y5
cardinal points, compromise, concise, critical thinking, landmark, negotiate, strategy, verbal, visual

Y4
effectively, key, leader, navigate, orientate, reflect, role

Y3
collaborate, compass, course, discuss, honest, interrupt, route, symbol, tactics, teamwork, trust

Y2
communicate, include, map, solve, successful, support

Team Building

Y1
challenge, co-operate, instructions, lead, listen, plan, share, talk

Team Building

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

- Introduction to PE
- Games

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Vocabulary Pyramid

Parkour





Y6

absorb, aesthetics, appropriate, competent, dismount, execution, extension, flight, refine, structure

Y5

collaboratively, consecutive, drive, elevate, horizontal, identify, observe, performance, power, vertical

Y4

adapt, decide, flair, flow, fluidly, momentum, precision, quadrupedal, rotation, stability, transitions

Y3

landing position, control, obstacle, pattern, securely, take off, vault



Y2

ahead, change, choose, communicate, create, pathway, speed, steady, strength, support, weight



Y1

balance, challenge, control, co-operation, direction, focus, land, level, link, movement, sequence, share

EYFS

copy, jog, roll, shape, stop, jump, move, safely, still, travel

- Gymnastics
- Fundamentals

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Vocabulary Pyramid

Striking and Fielding Games





Y6

abide, appropriate, assess, collaborate, consecutive, consistently

Y5

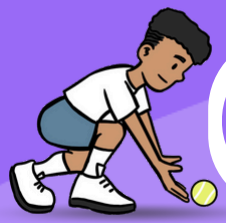
backing up, close catch, deep catch, long barrier, situation, stance

Y4

compete, cushion, decision, limit, momentum, pressure, retrieve

Y3

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



Y2

backstop, collect, runs, stump, tactics, teammate

Sending and Receiving



Y1

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

Sending and Receiving

EYFS

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

- Ball Skills
- Fundamentals
- Games

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Vocabulary Pyramid

Swimming



Y6

afloat, buoyant, conserve, flexed, motion, propel, streamline



Y5

continuously, dolphin kick, endurance, exhale, flutter kick, inhale, outstretched, personal best, retrieve, somersault, synchronised



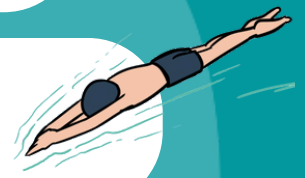
Y4

alternate, buoyancy, rotation, sculling, submerge, survival



Y3

backstroke, breaststroke, floating, front crawl, H.E.L.P position, handstand, huddle, sidestroke, sinking, stroke, surface, surface dive, tactics, technique, treading water, water safety



Y2

enter, exit, float, glide, pull

Y1

back, blow, breath, bubbles, front, kick, rules, safely, splash, travel

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Vocabulary Pyramid

Target Games





Y6

abide, anticipate, appropriate, assess, collaborate, trajectory

Y5

align, angle, fake, force, officiate, par, situation, stance

Y4

adjust, avoid, cushion, decision, relaxed, support



Y3

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



Y2

accurate, ahead, opponent, release, strike, teammate

Sending and Receiving

Y1

balance, distance, further, overarm, swing, underarm

Sending and Receiving

EYFS

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

- Ball Skills
- Fundamentals
- Games

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Vocabulary Pyramid

Yoga





Y6
collaborate, engage, expand, fluidly, salutation

Y5
concentrate, connect, exhale, inhale, maintain, muscles, posture, quality, transition

Y4
gratitude, lengthen, notice, stable, wellbeing



Y3
base, contact, control, extend, hinge, link, mindfulness, relax, tilt



Y2
choose, create, flexibility, flow, perform, strength

Y1
breath, feel, focus, listen, pose, stretch

EYFS
balance, bend, copy, fast, hold, safely, shape, slow, space, squeeze, still, stop, straight

- Fundamentals
- Gymnastics

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