



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

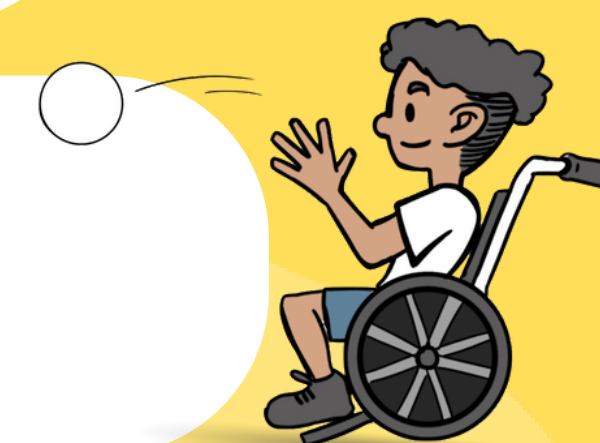
Y1

walk quickly underarm further
time leap overarm control

EYFS

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

- Ball Skills
- Fundamentals
- Games

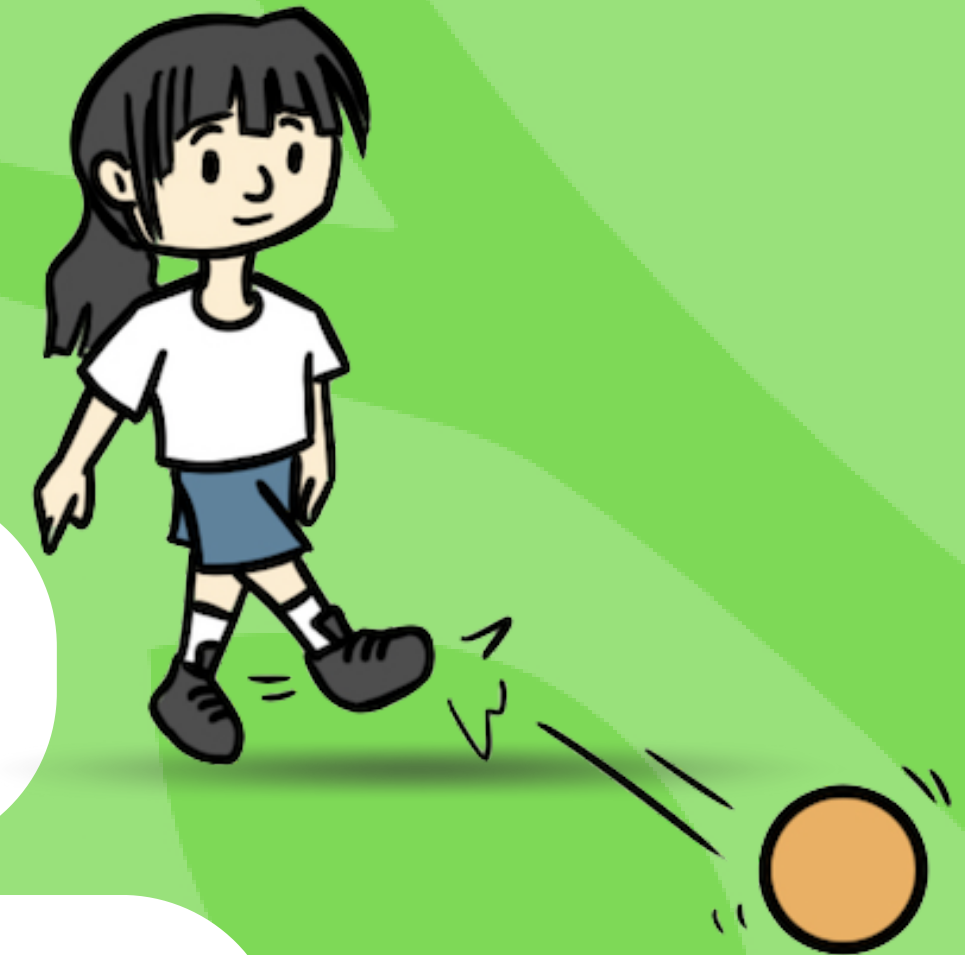
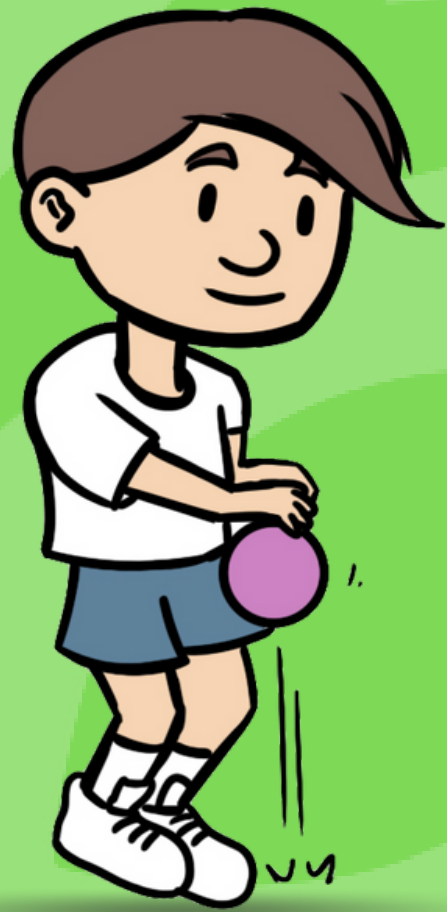




Get Set 4
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Vocabulary Pyramid

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

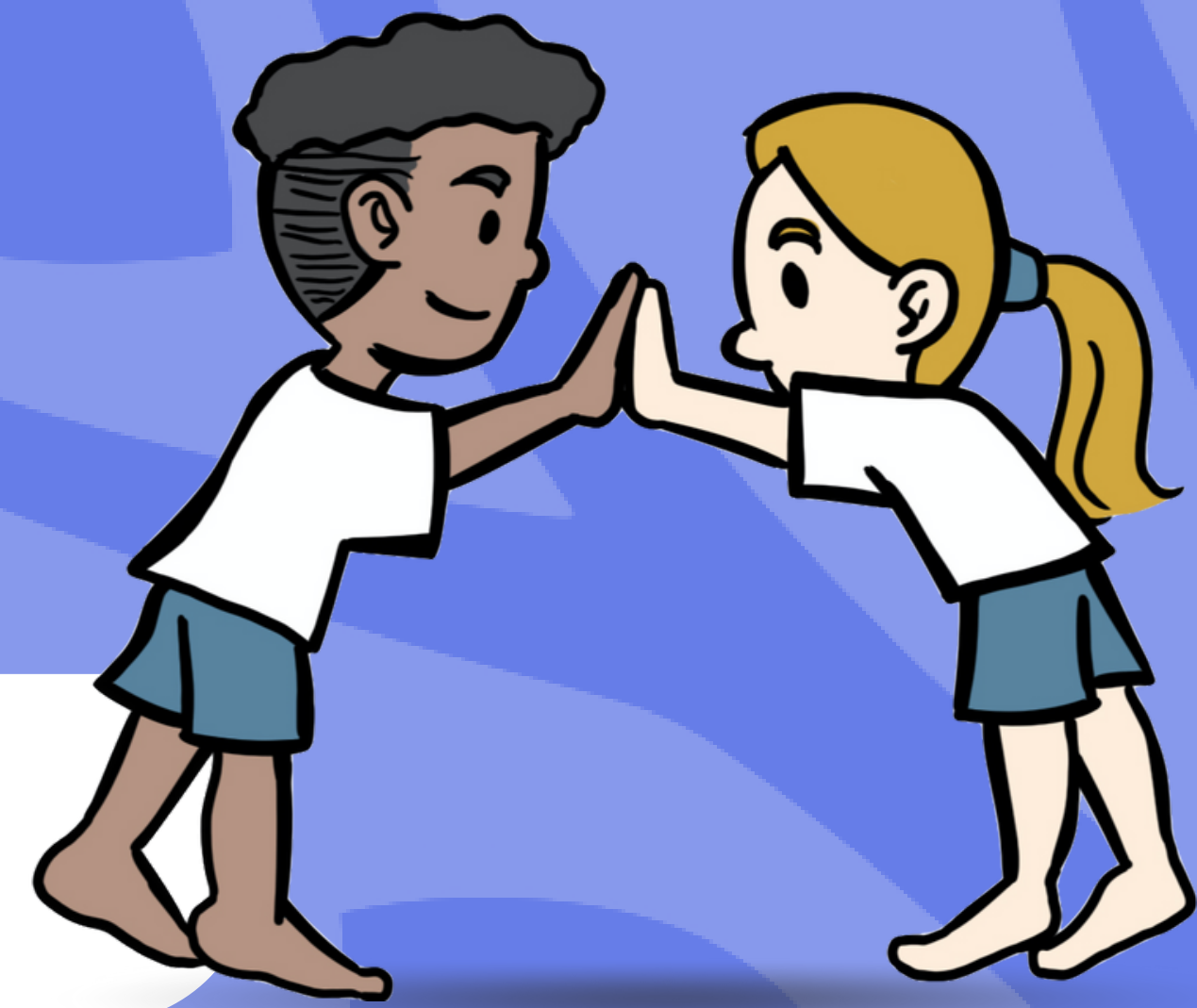




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Vocabulary Pyramid

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

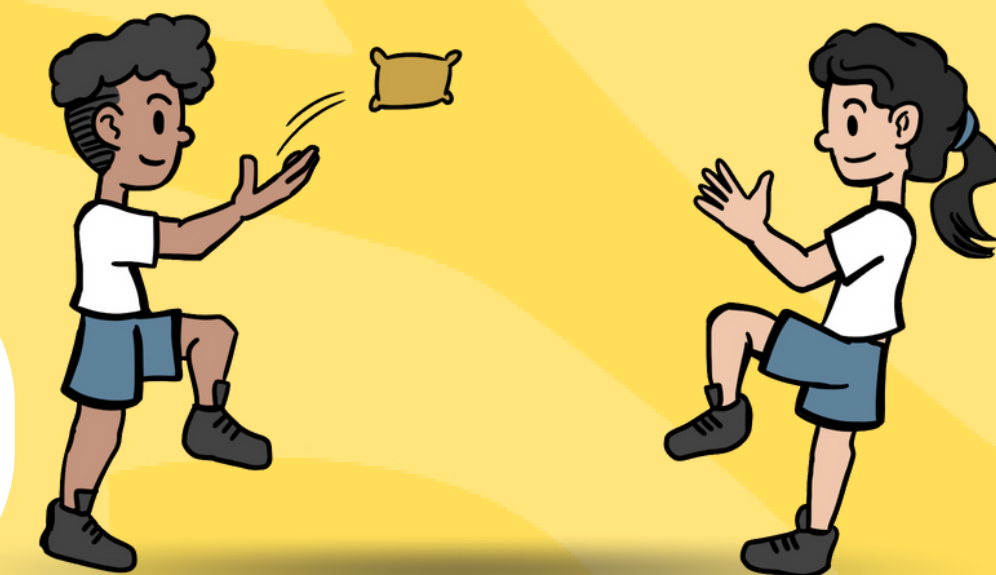




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Vocabulary Pyramid

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 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

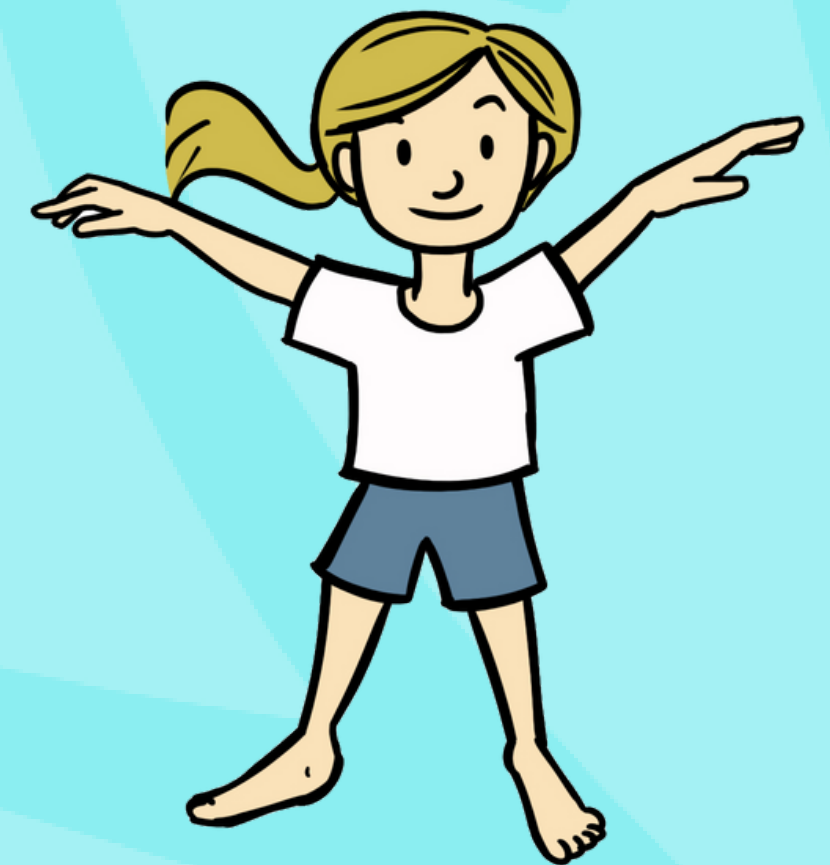
stop



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Vocabulary Pyramid

Gymnastics



Y6

aesthetics	contrasting	counter	tension
competent	progression	counter	balance
engage	flight	formation	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

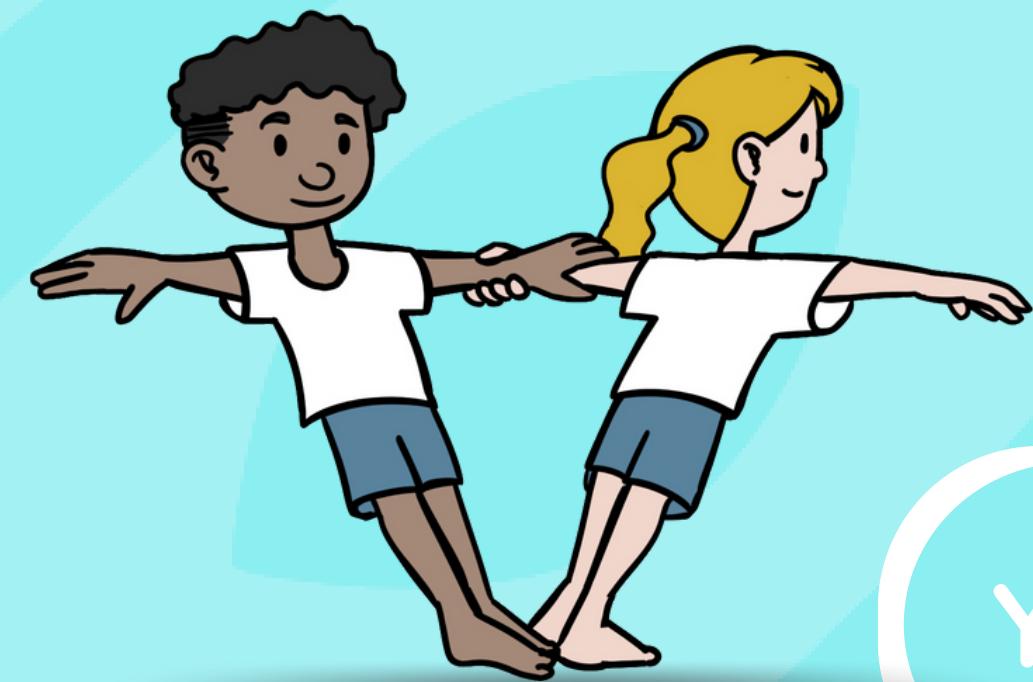
link	pathway	pike	sequence	straddle	tuck
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Y1

action	control	direction	level	speed
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EYFS

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

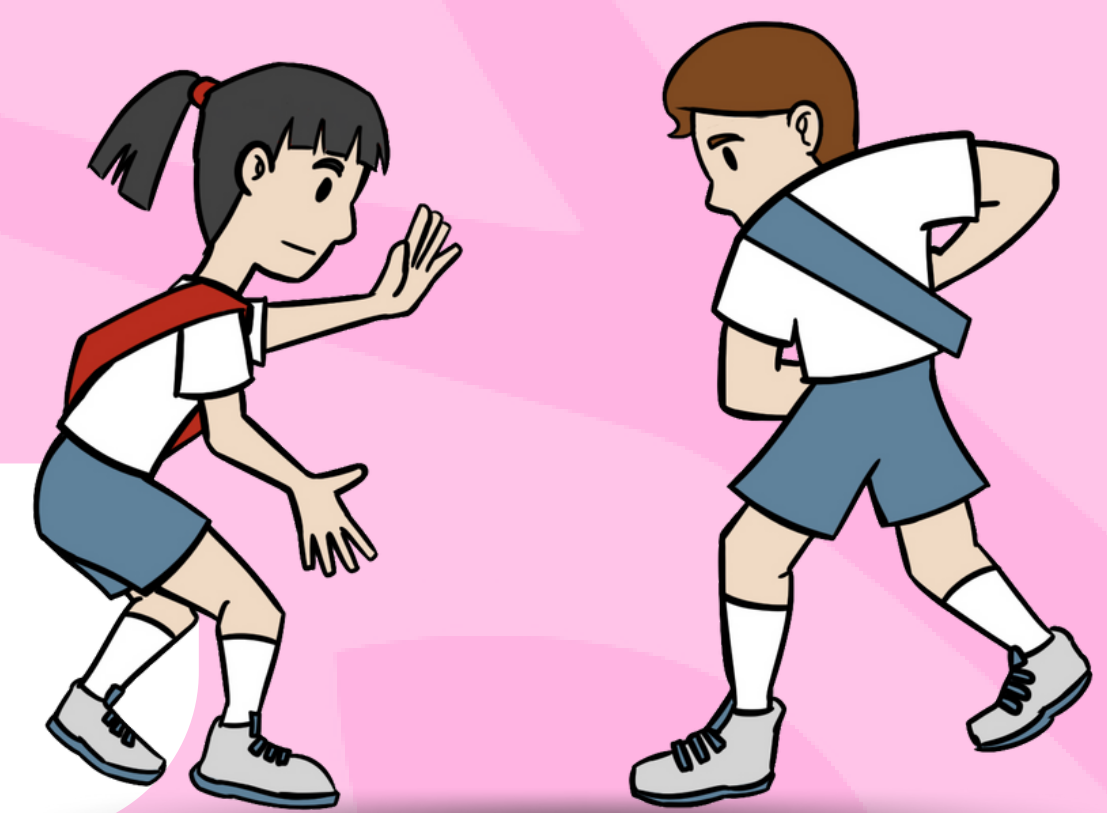
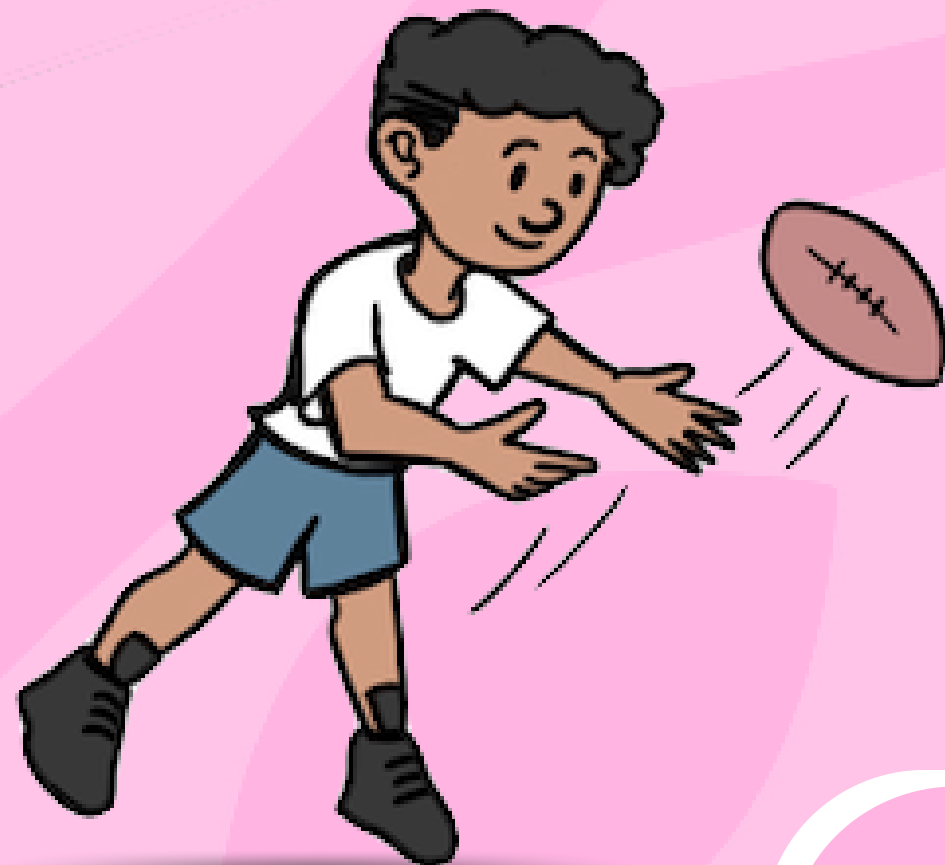




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Vocabulary Pyramid

Invasion Games



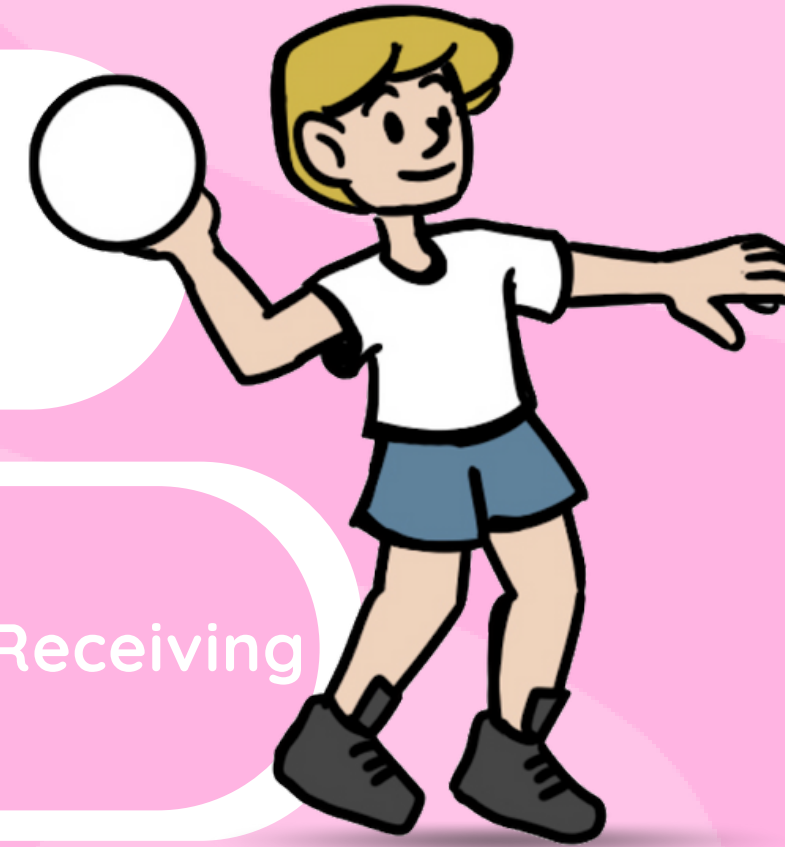
Y6 consecutive dictate appropriate
 ball side turnover transition abide
 consistently contest draw assess

Y5 angle close down drive situation
 ball carrier create sportsmanship stance
 barrier dominant maintain support rebound

Y4 decision pressure protect cushion
 limit delay obstruct opposing supporting
 deny gain option momentum accelerate



Y3 accurate invasion opposition receiver tournament
 communicate offside pitch referee control onside
 intercept tackle court teamwork umpire technique



Y2 goalkeeper opponent defend attack
 possession send receive shoot
 teammate tactic

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

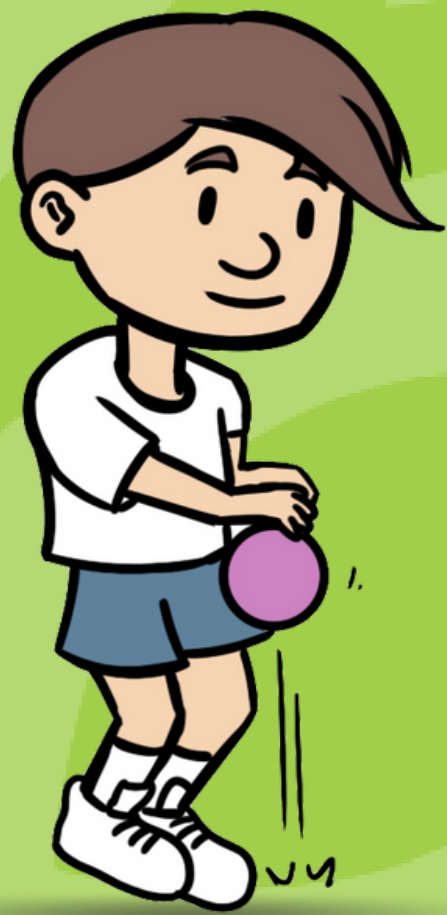
- Ball Skills
- Fundamentals
- Games



Get Set 4
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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 receive

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

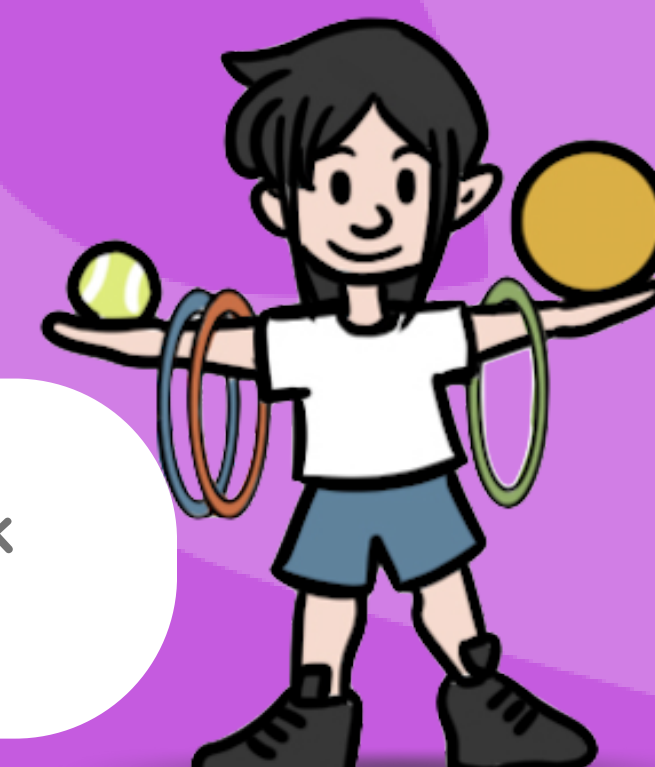
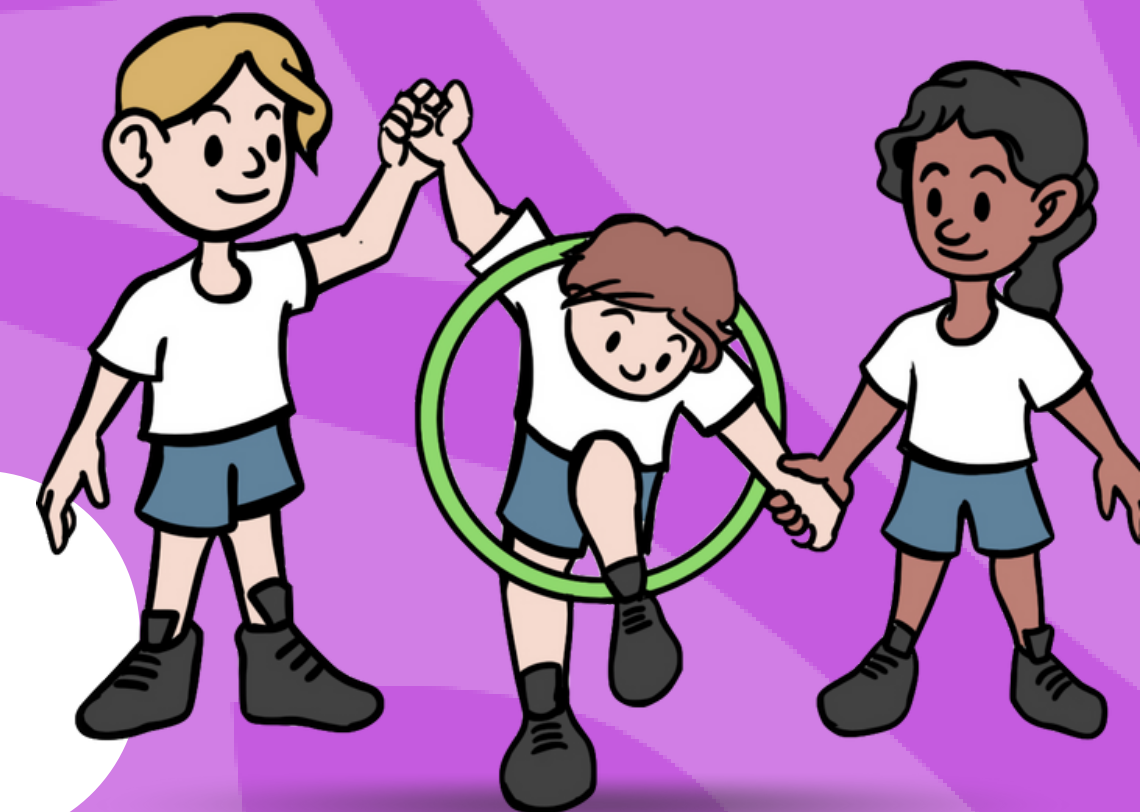




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Vocabulary Pyramid

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

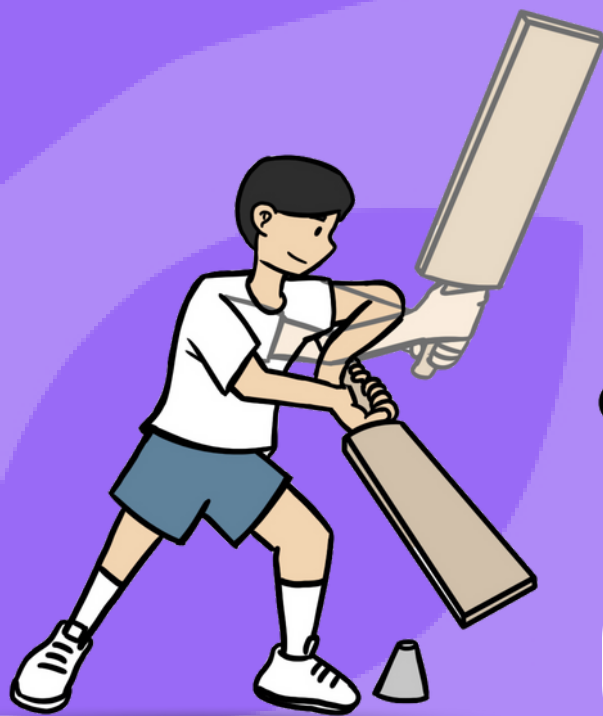
- Introduction to PE
- Games



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Vocabulary Pyramid

Striking and Fielding Games

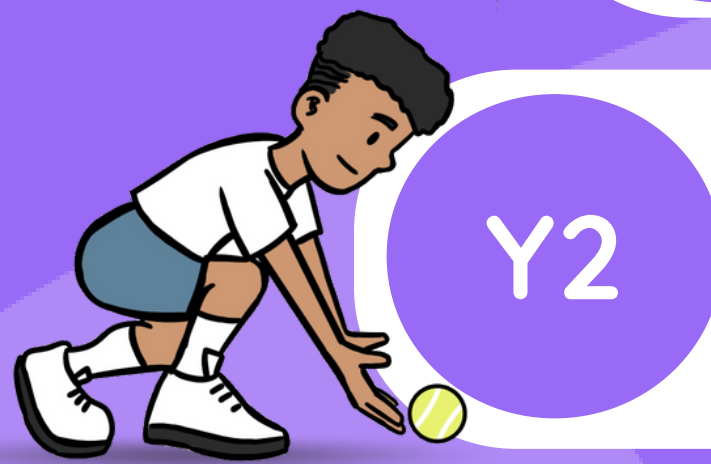


Y6 abide assess consistently consecutive appropriate collaborate

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

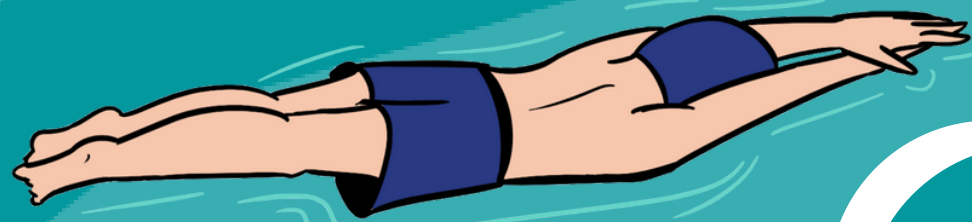
- Ball Skills
- Fundamentals
- Games



Get Set 4
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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

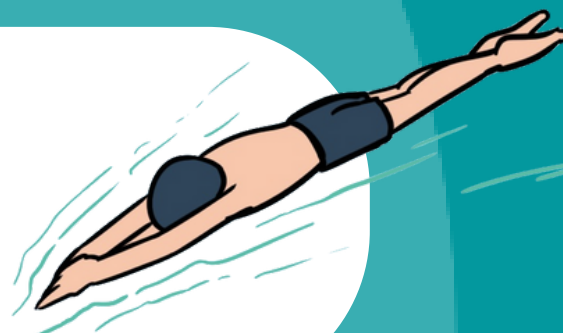
Y3

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



Y2

enter exit float glide pull



Y1

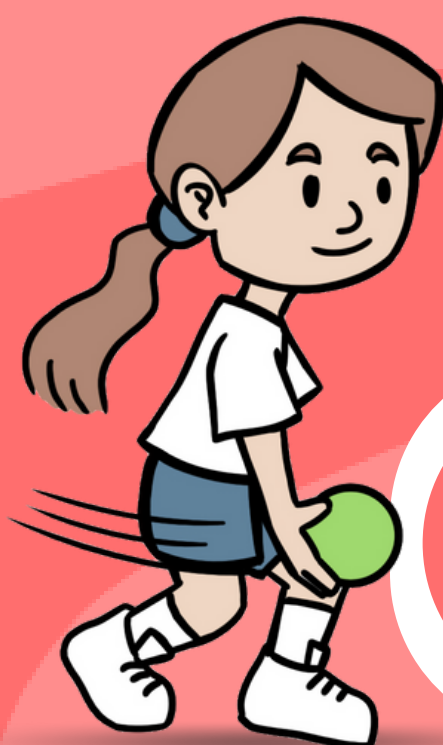
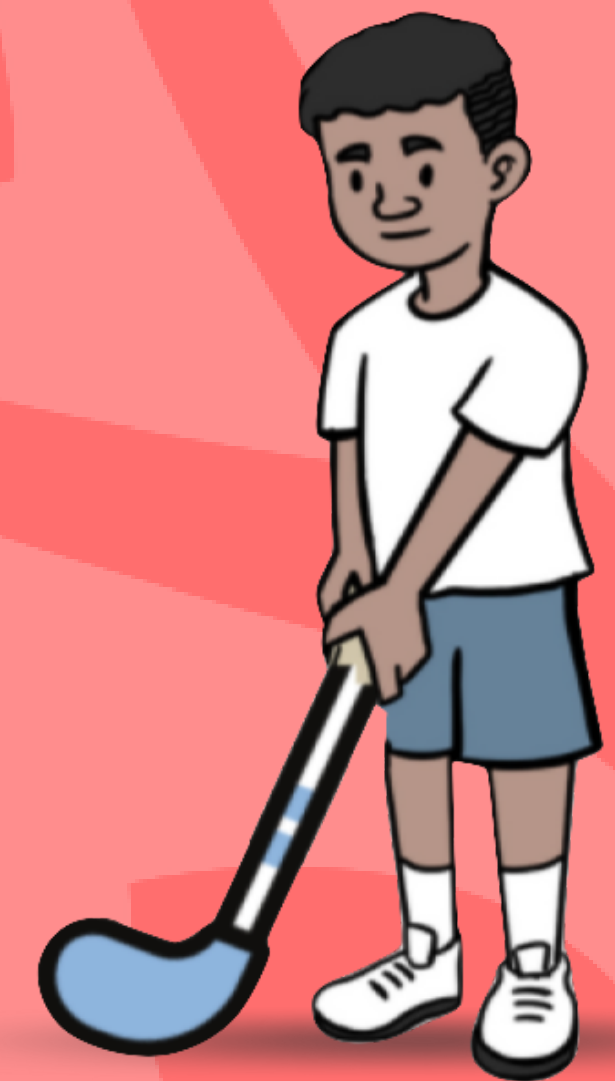
back breath front rules splash
blow bubbles kick safely travel



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

- Ball Skills
- Fundamentals
- Games



Get Set 4
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Vocabulary Pyramid

Yoga



Y6 collaborate fluidly expand
salutation engage

Y5 muscles quality inhale concentrate
practice transition exhale

Y4 gratitude notice lengthen
wellbeing stable

Y3 control mindfulness extend
link relax

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