



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

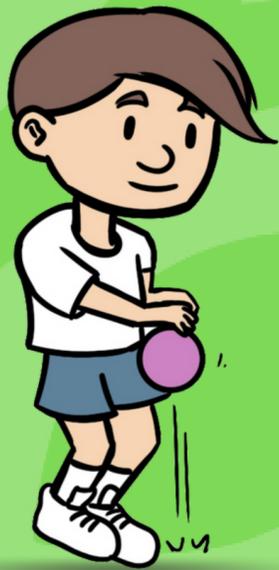




Get Set 4
Education

Vocabulary Pyramid

Ball Skills



Y4

decision cushion pressure react momentum

Y3

power opponent possession technique
block personal best accurate

Y2

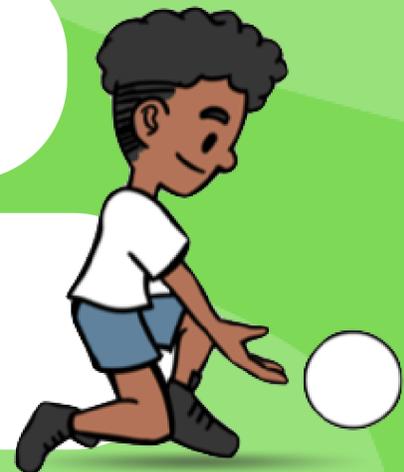
collect release receive prepare touch

Y1

ready position soft swing track underarm control

EYFS

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

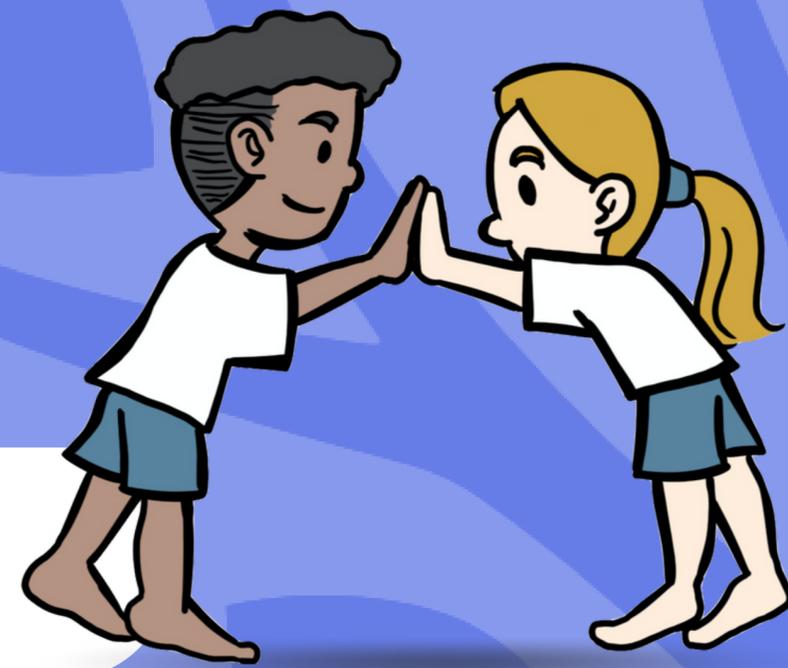




Get Set 4
Education

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

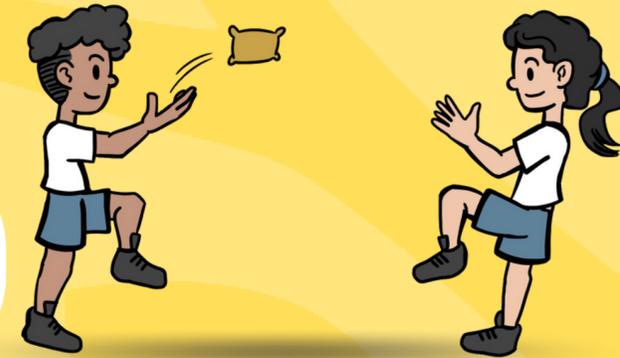
EYFS action direction high move shape space travel
 counts finish position low quickly slowly start position



Get Set 4
Education

Vocabulary Pyramid

Fitness



Y6 analyse 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



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

direction

jump

run

slow

travel

bend

hop

land

safely

space

crawl

fast

rules

slide

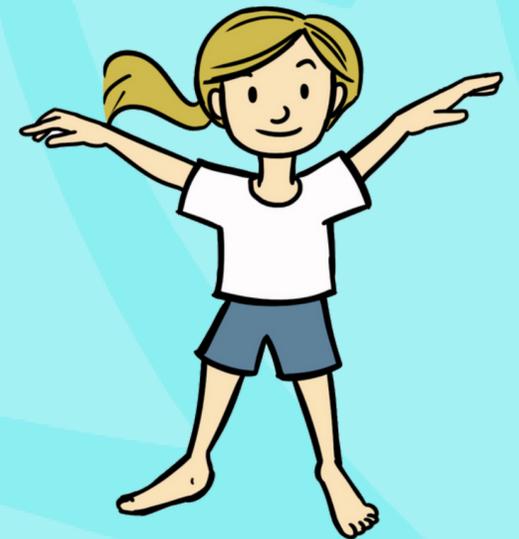
stop



Get Set 4
Education

Vocabulary Pyramid

Gymnastics



Y6

| | | |
|------------|-------------|-----------------|
| aesthetics | contrasting | counter tension |
| competent | progression | counter balance |
| engage | flight | formation |
| execution | handstand | refine |
| | | structure |
| | | 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 | through |
| balance | hold | over | shape | still | |
| bend | jump | rock | squeeze | straight | travel |





Get Set 4
Education

Vocabulary Pyramid

Invasion Games

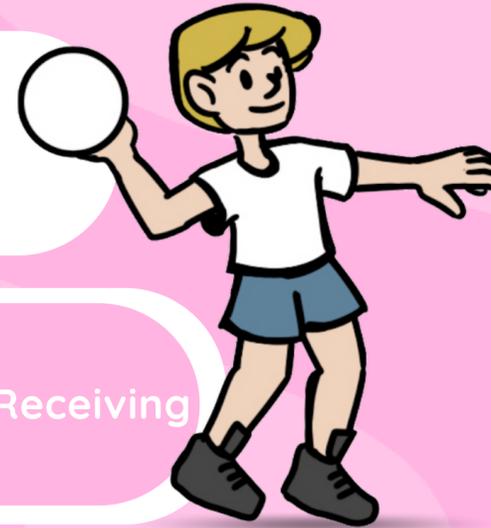


Y6 consecutive dictate appropriate
 ball side turnover transition abide
 consistently contest draw assess

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 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
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 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



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 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
Education

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