



Get Set 4  
Education

# Vocabulary Pyramid

## Dance



Y6

aesthetic	inspiration	rehearse
express	mood	stimulus
freeze frame	refine	style

Y5

choreograph	collaboratively	motif	quality
choreography	genre	posture	transition

Y4

action and reaction	order	phrase	represent	structure
flow	performance	relationship	rhythm	

Y3

canon	extend	formation
explore	feedback	interact

Y2

create	expression	mirroring	speed
dynamics	matching	perform	unison

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

## Gymnastics



**Y6** aesthetics counter tension handstand  
 competent engage execution progression  
 contrasting flight formation refine  
 counter balance structure vault

**Y5** asymmetrical canon extension observe symmetrical  
 canon identify performance performance  
 cartwheel mirroring quality quality  
 decide transition transition transition

**Y4** bridge inverted perform shoulder stand  
 fludily momentum rotation stability wrist grip

**Y3** body tension extend landing position patch  
 contrast flow match point 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  
 bend jump rock squeeze straight travel



# Vocabulary Pyramid

## Invasion Games



Y6

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

Y5

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

Y4

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

Y3

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

Y2

attack	opponent	send	teammate
defend	possession	shoot	
goalkeeper	receive	tactic	

Sending and Receiving

Y1

attacker	dodge	mark
defender	goal	track

Sending and Receiving

EYFS

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

- Ball Skills
- Fundamentals
- Games



Get Set 4 Education

# Vocabulary Pyramid

## OAA



Y6

adhere      contribute      evaluate      location  
approach      determine      inclusive

Y5

cardinal points      critical thinking      strategy  
compromise      landmark      verbal  
concise      negotiate      visual

Y4

effectively      leader      orientate      role  
key      navigate      reflect

Y3

collaborate      course      honest      route      tactics      trust  
compass      discuss      interrupt      symbol      teamwork

Y2

communicate      map      successful  
include      solve      support

Team Building

Y1

challenge      instructions      listen      share  
co-operate      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  
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





Get Set 4  
Education

# 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



Get Set 4  
Education

# 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

direction

jump

run

slow

bend

fast

land

safely

space

travel

crawl

hop

rules

slide

stop





# Vocabulary Pyramid

## Swimming



Y6

afloat      conserve      motion      streamline  
buoyant      flexed      propel



Y5

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

Y4

alternate      rotation      submerge  
buoyancy      sculling      survival

Y3

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



Y2

enter      exit      float      glide      pull



Y1

back      breath      front      rules      splash  
blow      bubbles      kick      safely      travel