



Christleton Primary School

Be the best you can be

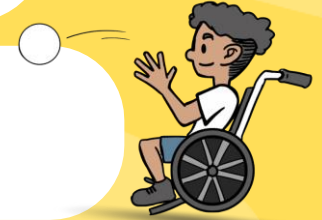
PE Vocabulary Pyramids
Progression in Vocab



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

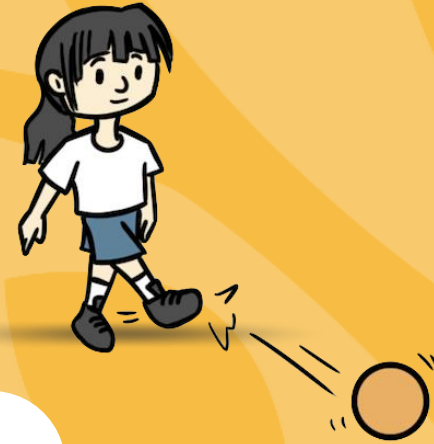
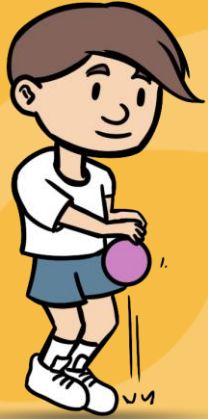
balance fast jog run slow target
bend hop land safe space throw
direction jump rules safely stop

- Ball Skills
- Fundamentals
- Games



Vocabulary Pyramid

Ball Skills



Y4

decision cushion react
pressure 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

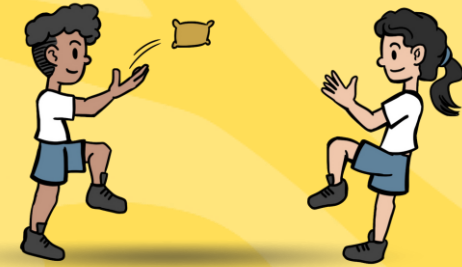
action	direction	high	move	shape	space	travel
counts	finish position	low	quickly	slowly	start position	



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 squeeze space
copy hop run 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
		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



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 stance
ball carrier create sportsmanship rebound
barrier dominant maintain support

Y4

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

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 shoot
teammate tactic receive

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



Vocabulary Pyramid

Striking and Fielding Games



Y6

abide

consecutive

assess

appropriate

consistently

collaborate

Y5

close catch

long barrier

stance

deep catch

situation

backing up

Y4

decision

pressure

limit

cushion

momentum

retrieve

compete

Y3

accuracy

grip

run out

strike

tournament

wicket

caught out

no ball

short barrier

technique

umpire

Y2

backstop

runs

stump

collect

teammate

tactics

Sending and Receiving

Y1

batter

bowler

hit

ready position

batting

fielder

overarm

track

bowl

fielding

out

underarm

Sending and Receiving

EYFS

pass

space

catch

score

jump

aim

team

throw

run

points

land

lose

safely

stop

direction

partner

rules

win

- ♦ Ball Skills
- ♦ Fundamentals
- ♦ Games



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
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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

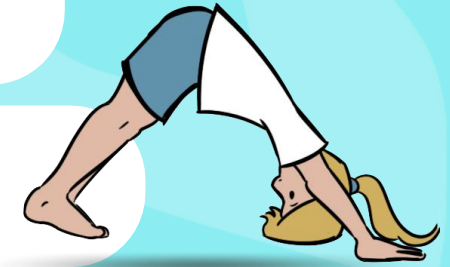




Get Set 4 Education

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