



About this Document

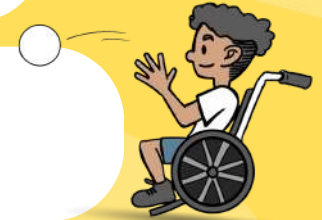
These vocabulary pyramids illustrate language progression throughout Get Set 4 PE. While we regularly revisit language in our content to reinforce understanding, the pyramids highlight where key vocabulary is first introduced and where children are encouraged to use it within the given context.



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

leap

quickly

underarm

further

overarm

time

walk

EYFS

balance
bend
direction

fast
hop
jog

jump
land
rules

run
safe
safely

slow
space
stop

target
throw

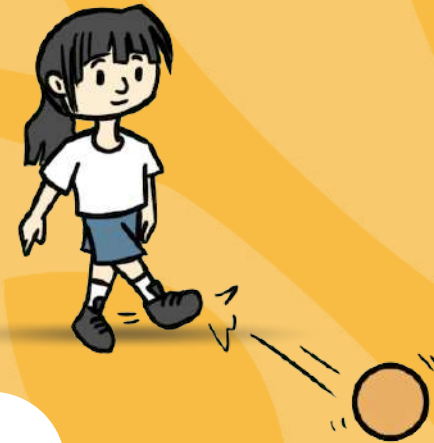
- Ball Skills
- Fundamentals
- Games



Get Set 4
Education

Vocabulary Pyramid

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

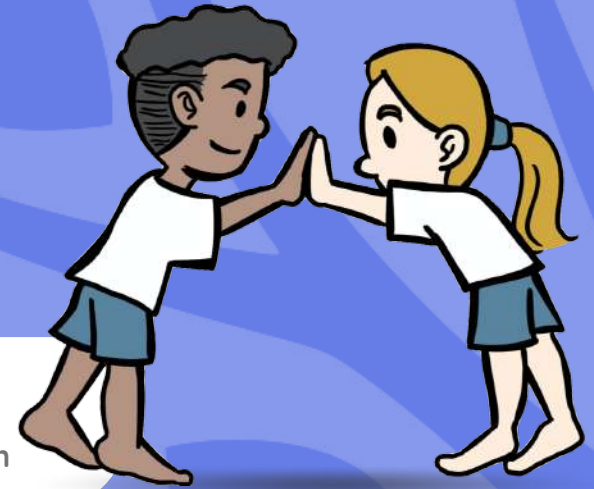




Get Set 4 Education

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

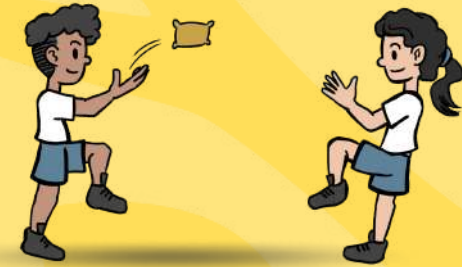
action	direction	high	move	shape	space	travel
counts	finish position	low	quickly	slowly	start position	



Get Set 4
Education

Vocabulary Pyramid

Fitness



Y6

abdonimals calves quadriceps
analyse engage rhythm

Y5

consistent measure persevere stable
drive motivate power

Y4

accelerate dynamic record
decelerate react static

Y3

agility control stamina technique
co-ordination progress strength

Y2

speed sprint steady time tired

Y1

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

EYFS

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

- Gymnastics
- Fundamentals



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 travel
bend fast land safely space stop
crawl hop rules slide





Get Set 4
Education

Vocabulary Pyramid

Gymnastics



Y6

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

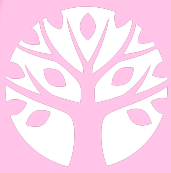
copy
hold
jump

land
over
rock

roll
shape
squeeze

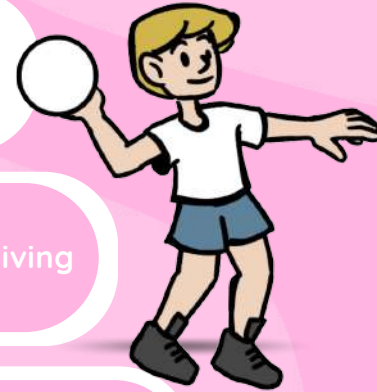
star
still
straight

through
travel



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	tackle
cushion	deny	momentum	onside	protect	timing
decision	gain	obstruct	option	support	

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

Net and Wall Games



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 defend against 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**



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

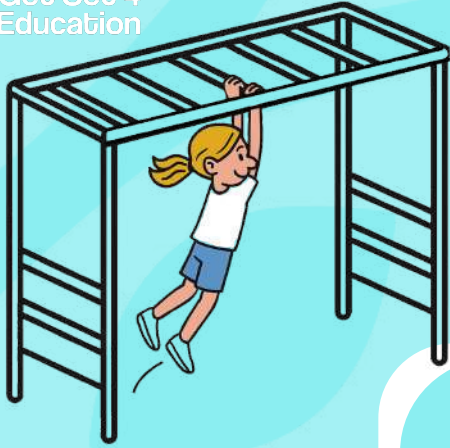
• Introduction to PE
• Games



Get Set 4
Education

Vocabulary Pyramid

Parkour



Y6

absorb	competent	extension	refine
aesthetics	dismount	flight	structure
appropriate	execution		

Y5

collaboratively	elevate	observe	power
consecutive	horizontal	performance	vertical
drive	identify		

Y4

adapt	flair	fluidly	precision	rotation
decide	flow	momentum	quadrupedal	stability
				transitions

Y3

balance	landing position	pattern	take off
control	obstacle	securely	vault





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

Swimming



Y6

afloat conserve motion
buoyant flexed propel streamline



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





Get Set 4
Education

Vocabulary Pyramid

Target Games



Y6

abide appropriate collaborate
anticipate assess trajectory

Y5

align fake officiate situation
angle force par stance

Y4

adjust cushion relaxed
avoid decision support

Y3

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

Y2

accurate opponent strike
ahead release teammate

Sending and Receiving



Y1

balance further swing
distance overarm underarm

Sending and Receiving

EYFS

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

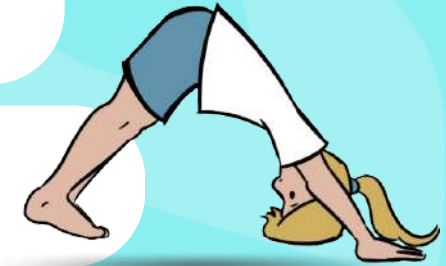
- Ball Skills
- Fundamentals
- Games



Get Set 4 Education

Vocabulary Pyramid

Yoga



Y6

collaborate expand salutation
engage fluidly

Y5

concentrate exhale maintain posture
connect inhale muscles quality transition

Y4

gratitude notice wellbeing
lengthen stable

Y3

base control hinge mindfulness
contact extend link relax tilt

Y2

choose create flexibility flow perform strength

Y1

breath feel focus listen pose stretch

EYFS

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

- Fundamentals
- Gymnastics