

About this Document

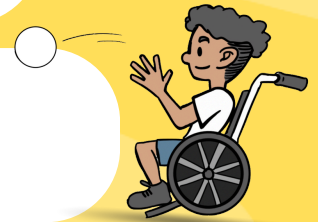
These vocabulary pyramids illustrate language progression throughout Get Set 4 PE. While we regularly revisit language in our content to reinforce understanding, the pyramids highlight where key vocabulary is first introduced and where children are encouraged to use it within the given context.



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

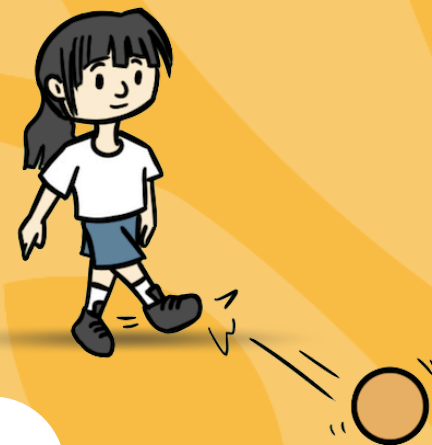
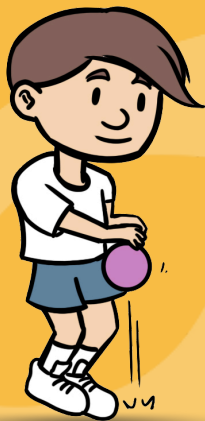
- Ball Skills
- Fundamentals
- Games



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

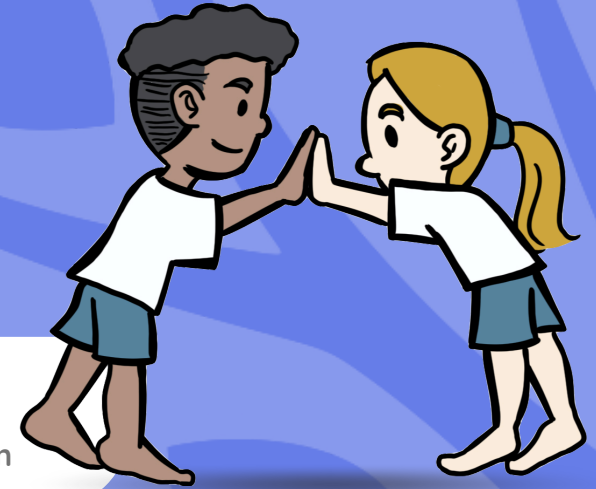




Get Set 4
Education

Vocabulary Pyramid

Dance



Y6

aesthetic
express
freeze frame

inspiration
mood
refine

rehearse
stimulus
style

Y5

choreograph
choreography

collaboratively
genre

motif
posture

quality
transition

Y4

action and reaction
flow

order
performance

phrase
relationship

represent
rhythm

structure

Y3

canon

explore

extend

feedback

formation

interact

Y2

create

dynamics

expression

matching

mirroring

perform

speed

unison

Y1

balance

beat

copy

fast

level

pathway

pose

timing

EYFS

action

counts

direction

finish position

high

low

move

quickly

shape

slowly

space

start position

travel



Get Set 4
Education

Vocabulary Pyramid

Fitness



Y6

abdominals
analyse

calves
engage

quadriceps
rhythm

Y5

consistent
drive

measure
motivate

persevere
power

stable

Y4

accelerate

decelerate

dynamic

react

record

static

Y3

agility

co-ordination

control

progress

stamina

strength

technique

Y2

speed

sprint

steady

time

tired

Y1

active

bones
brain

breathing
calm

exercise
healthy

heart
memory

mood
muscles

quick
strong

EYFS

balance
bend
copy

fast
hold
hop

jump
land
run

safely
slow
space

squeeze
still
stop

travel

- 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

bend

fast

land

safely

space

travel

crawl

hop

rules

slide

stop

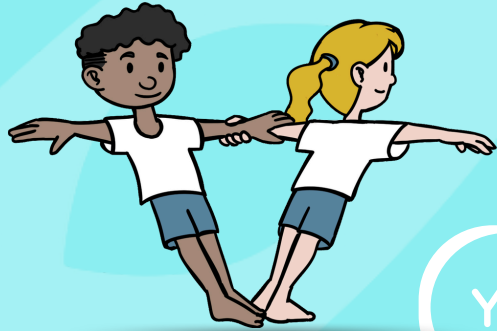
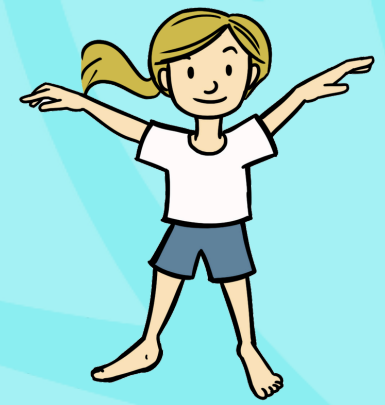




Get Set 4
Education

Vocabulary Pyramid

Gymnastics



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

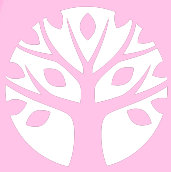
copy
hold
jump

land
over
rock

roll
shape
squeeze

star
still
straight

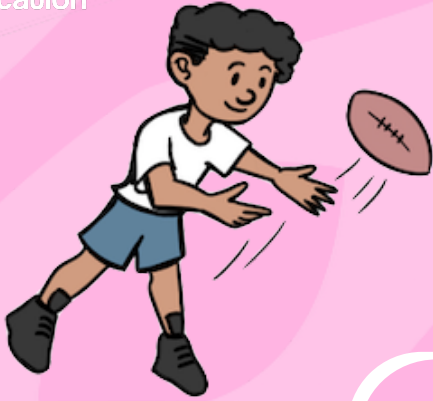
through
travel



Get Set 4
Education

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

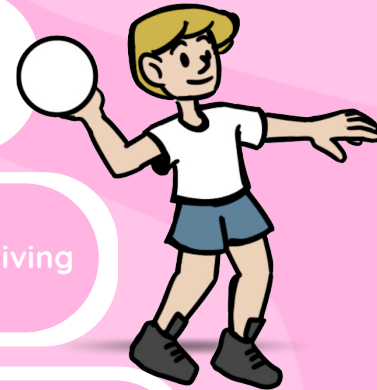
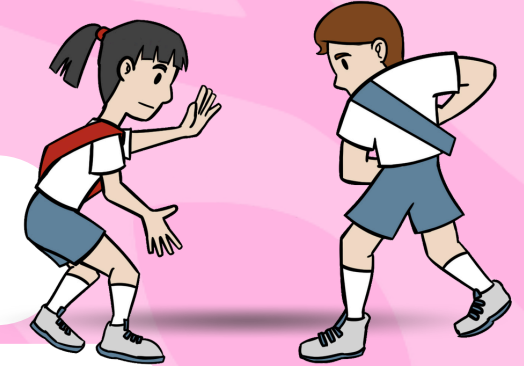
attack opponent send teammate
defend possession shoot
goalkeeper receive tactic

Y1

attacker dodge mark
defender goal track

EYFS

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



Sending and Receiving

Sending and Receiving

- Ball Skills
- Fundamentals
- Games



Get Set 4
Education

Vocabulary Pyramid

Land Based Water Safety



Y6

coordinate influence sequence
decision-making integrity survival
evaluate recovery urgency
variable

Y5

accurate information emergency response teamwork
conditions prevention justify rip current
dynamic risk priority leadership survival strategy

Y4

accurate conserve heat huddle position prevent risk
assess emergency services hypothermia judgement

Y3

assertive buoyancy cold water shock emergency operator peer pressure
bystander casualty conserve interpret H.E.L.P treading water

Y2

consequence environment responsibility supervision warning weather
current reach shore slippery survival waves 999

Y1

coastguard hazard lifeguard self-rescue signal
calm emergency lifeboat rules sign shock unsafe

EYFS

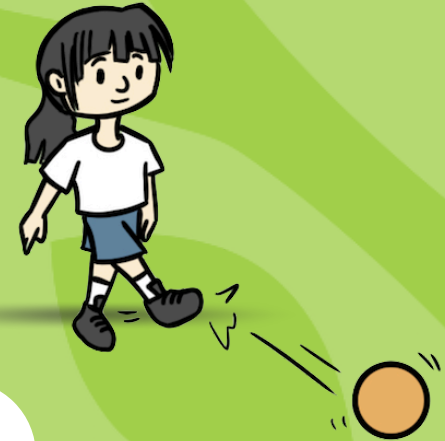
deep float fun help rescue aid sea shout
edge floating aid pool safely shallow water code



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

receive
quickly

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

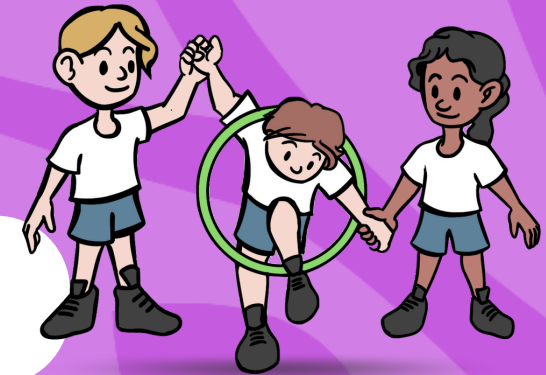
- Ball Skills
- Fundamentals
- Games



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

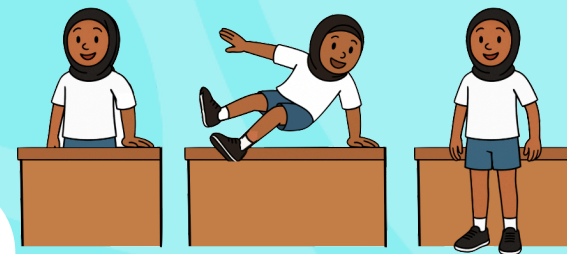
• Introduction to PE
• Games



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

	landing position	pattern	take off
control	obstacle	securely	vault

Y2

ahead	choose	create	speed	strength	weight
change	communicate	pathway	steady	support	

Y1

balance	control	direction	land	movement	share
challenge	co-operation	focus	level	link	sequence

EYFS

copy	jog	roll	shape	stop
jump	move	safely	still	travel

- Gymnastics
- Fundamentals

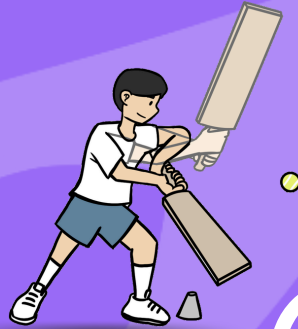




Get Set 4
Education

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

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



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

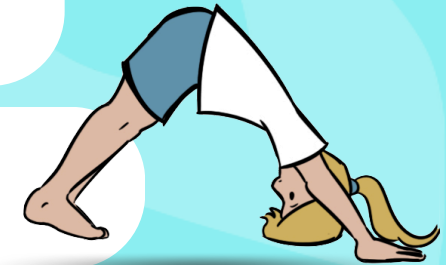




Get Set 4
Education

Vocabulary Pyramid

Yoga



Y6

collaborate
engage

expand
fluidly

salutation

Y5

concentrate
connect

exhale
inhale

maintain
muscles

posture
quality

transition

Y4

gratitude

lengthen

notice

stable

wellbeing

Y3

base
contact

control
extend

hinge
link

mindfulness
relax

tilt

Y2

choose

create

flexibility

flow

perform

strength

Y1

breath

feel

focus

listen

pose

stretch

EYFS

balance
bend

copy
fast

hold
safely

shape
slow

space
squeeze

still
stop

straight

- Fundamentals
- Gymnastics