



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

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

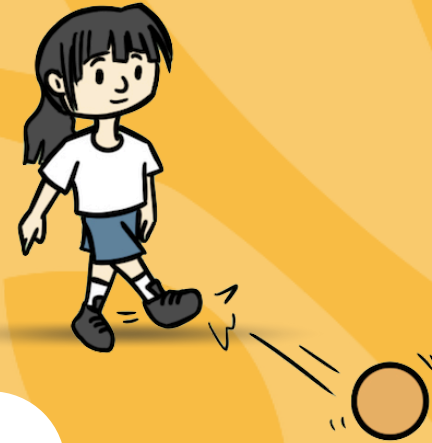
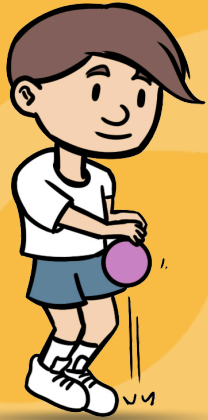
- Ball Skills
- Fundamentals
- Games



Get Set 4
Education

Vocabulary Pyramid

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

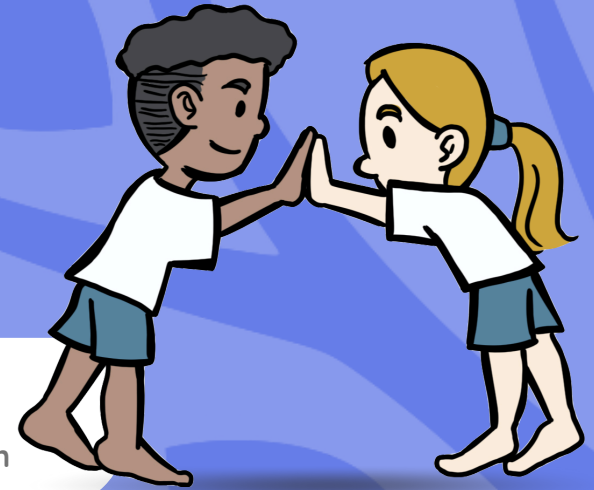




Get Set 4 Education

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

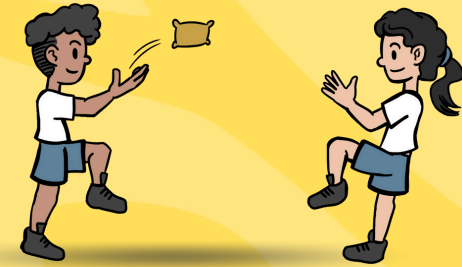
action	direction	high	move	shape	space	travel
counts	finish position	low	quickly	slowly	start position	



Get Set 4
Education

Vocabulary Pyramid

Fitness



Y6

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 travel
bend fast land safely space stop
crawl hop rules slide

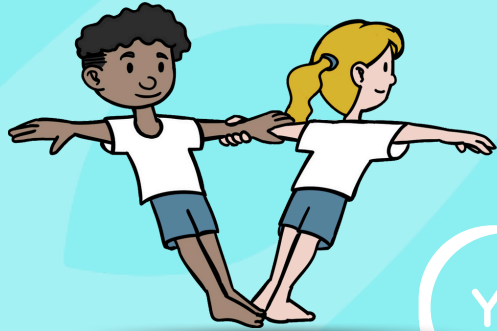
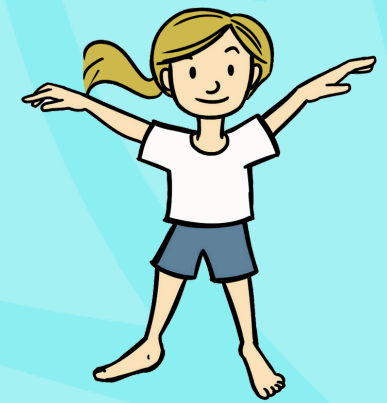




Get Set 4
Education

Vocabulary Pyramid

Gymnastics



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

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

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

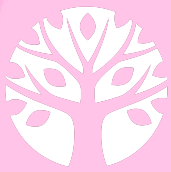
Y3 body tension extend landing position patch
 contrast flow match point take off



Y2 link pathway pike sequence straddle tuck

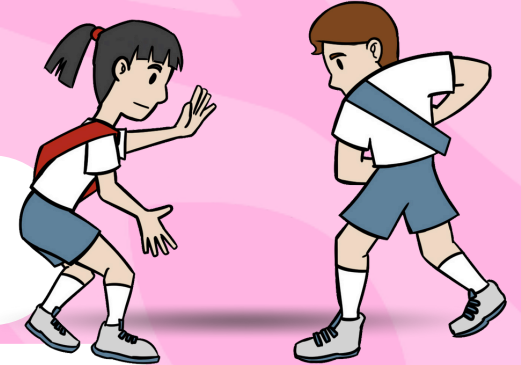
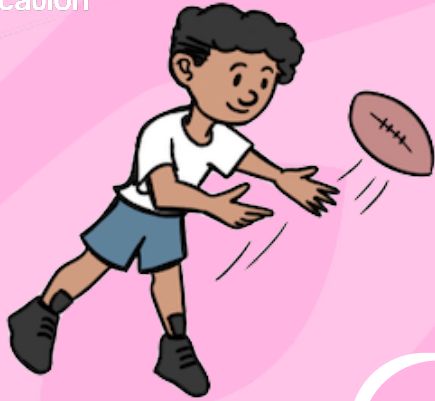
Y1 action control direction level speed

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	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	tactic
goalkeeper	receive		

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	

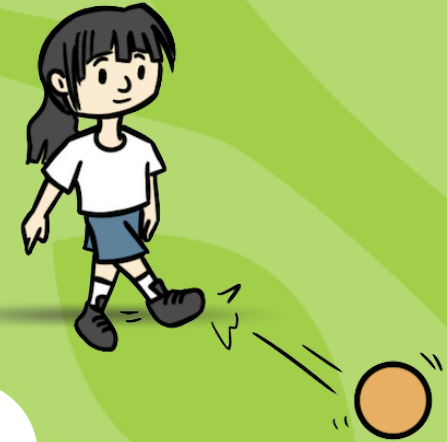
- Ball Skills
- Fundamentals
- Games



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

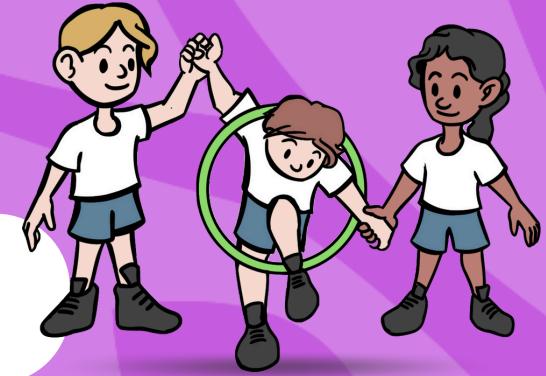
- Ball Skills
- Fundamentals
- Games



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

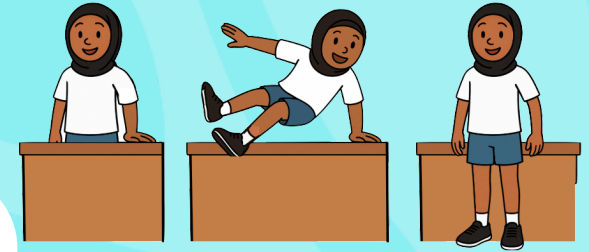
• Introduction to PE
• Games



Get Set 4
Education

Vocabulary Pyramid

Parkour



Y4

Y6

absorb	competent	extension	refine
aesthetics	dismount	flight	structure
appropriate	execution		

Y5

collaboratively	elevate	observe	power
consecutive	horizontal	performance	vertical
drive	identify		

adapt

flair

fluidly

precision

rotation

decide

flow

momentum

quadrupedal

stability

transitions

Y3

control	landing position	pattern	take off
	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

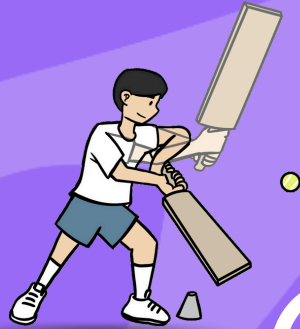
- Gymnastics
- Fundamentals





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

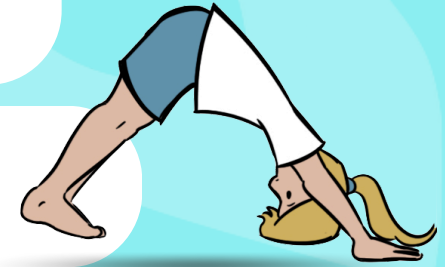




Get Set 4 Education

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