



# 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

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

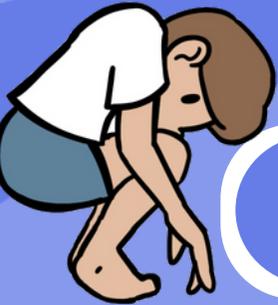




Get Set 4 Education

# 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

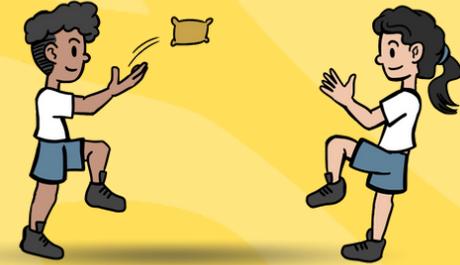
action	direction	high	move	shape	space	travel
counts	finish position	low	quickly	slowly	start position	



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Education

# Vocabulary Pyramid

## Fitness



Y6

abdonimals  
analyse

calves  
engage

quadriceps  
rhythm

Y5

consistent  
drive

measure  
motivate

persevere  
power

stable

Y4

accelerate  
decelerate

dynamic

react

record

static

Y3

agility

control

stamina

technique

co-ordination

progress

strength

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







# 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

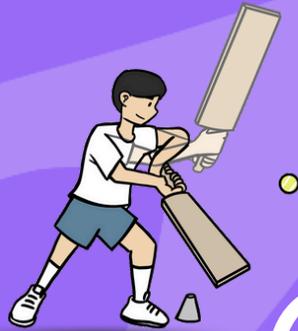
backwards      forwards      path      safely      sideways      stop  
direction      partner      rules      score      space      team

• Introduction to PE  
• Games



# 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



# 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