



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

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

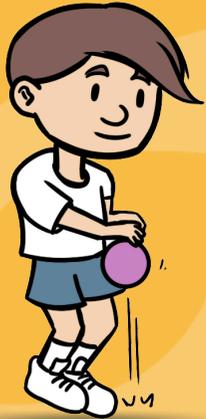
- Ball Skills
- Fundamentals
- Games



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

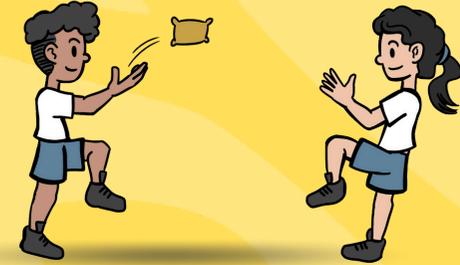
action	direction	high	move	shape	space	travel
counts	finish position	low	quickly	slowly	start position	



Get Set 4
Education

Vocabulary Pyramid

Fitness



Y6

abdonimals
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





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
cartwheel identify performance synchronisation
decide mirroring quality stable transition

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
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

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

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 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

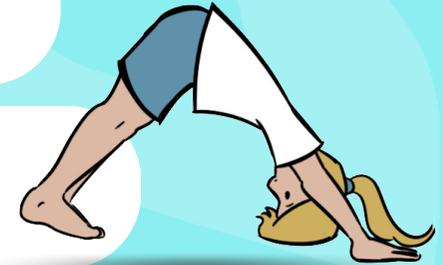




Get Set 4 Education

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