



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

take off

sprint

Y1

control

leap

quickly

underarm

further

overarm

time

walk

EYFS

balance

fast

jump

run

slow

target

bend

hop

land

safe

space

direction

jog

rules

safely

stop

- Ball Skills
- Fundamentals
- Games



Vocabulary Pyramid

Ball Skills





Vocabulary Pyramid

Dance



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



Vocabulary Pyramid

Fitness

Y6

abdominals
calves
quadriceps
analyse
engage
rhythm



Y5

consistent
measure
persevere
drive
motivate
power
stable



Y4

accelerate
dynamic
record
decelerate
react
static



Y3

agility
control
stamina
co-ordination
progress
strength
technique



Y2

speed
sprint
steady
time
tired

Y1

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

EYFS

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

- Gymnastics
- Fundamentals



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



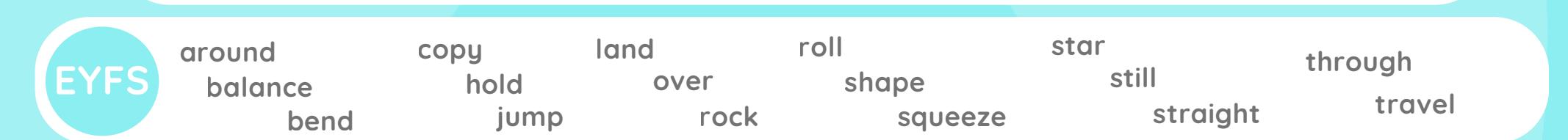
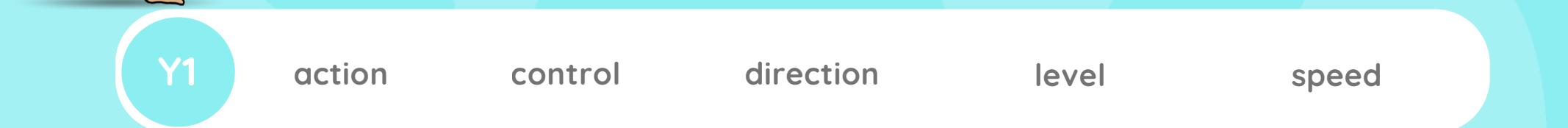
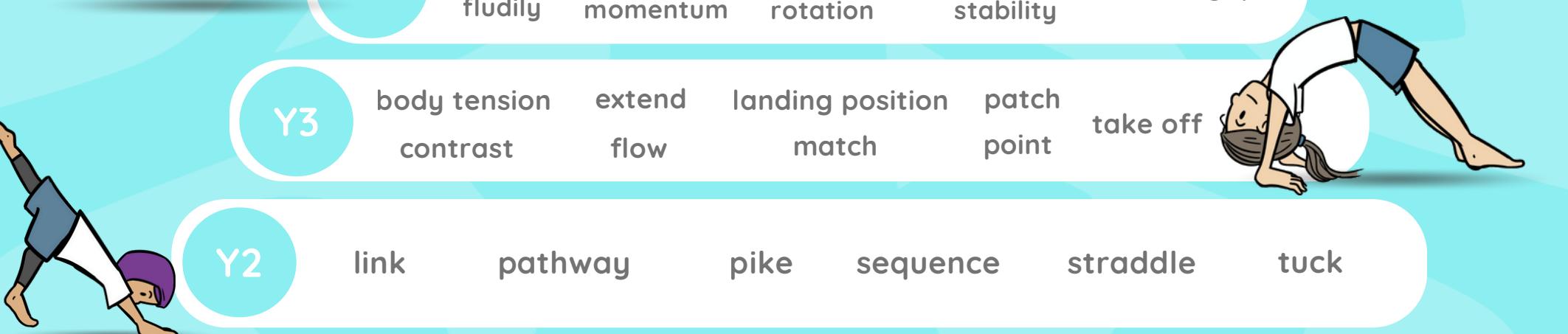
EYFS

balance direction jump run slow
bend fast land safely space
crawl hop rules slide stop travel



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
fluidly

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





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

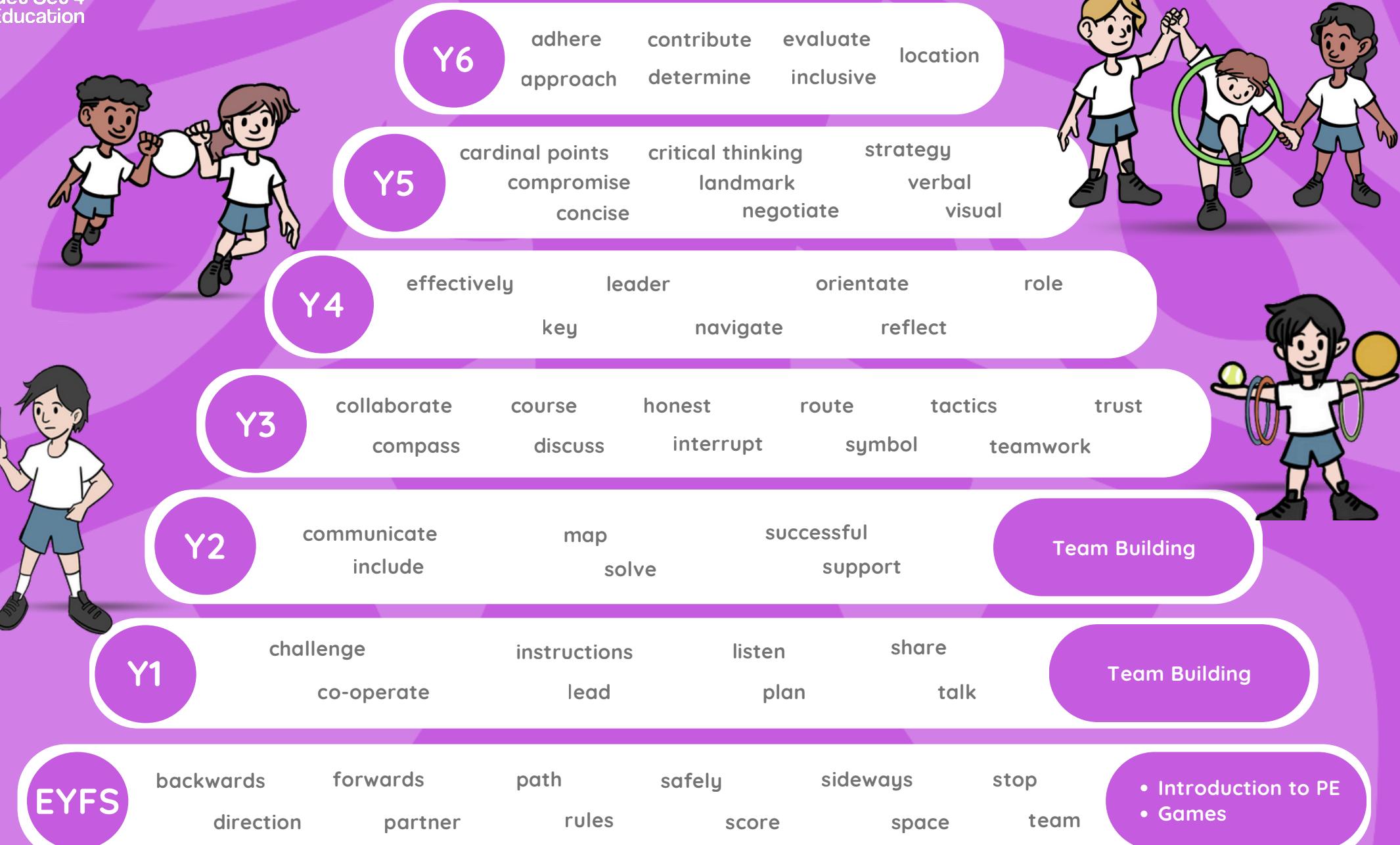
aim
catch
direction
hit
lose
partner
points
rules
run
safely
score
space
stop
target
throw
win

- Ball Skills
- Fundamentals
- Games



Vocabulary Pyramid

OAA





Vocabulary Pyramid

Parkour





Vocabulary Pyramid

Striking and Fielding Games





Vocabulary Pyramid

Swimming



Y6

afloat
buoyant
conserve
flexed
motion
propel
streamline



Y5

continuously
dolphin kick
endurance
exhale
flutter kick
inhale
outstretched
personal best
retrieve
somersault
synchronised



Y4

alternate
buoyancy
rotation
sculling
submerge
survival



Y3

backstroke
breaststroke
floating
front crawl
H.E.L.P position
handstand
huddle
sidestroke
sinking
stroke
surface
surface dive
tactics
technique
treading water
water safety



Y2

enter
exit
float
glide
pull

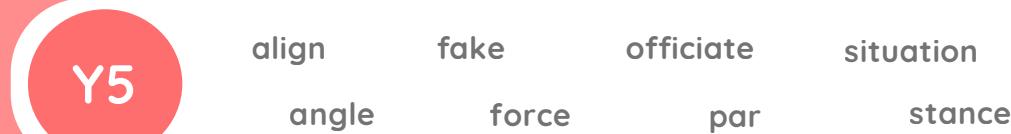
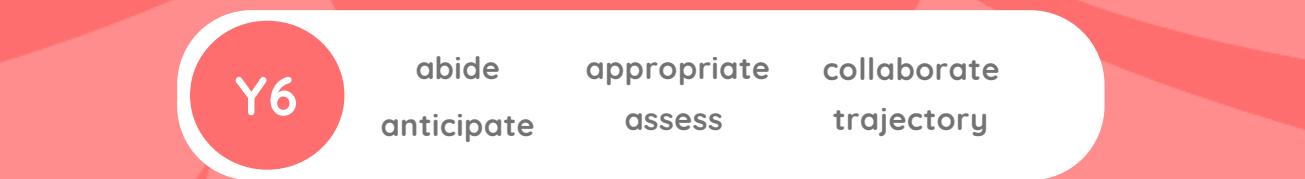
Y1

back
breath
front
rules
splash
blow
bubbles
kick
safely
travel



Vocabulary Pyramid

Target Games



Sending and Receiving



Sending and Receiving

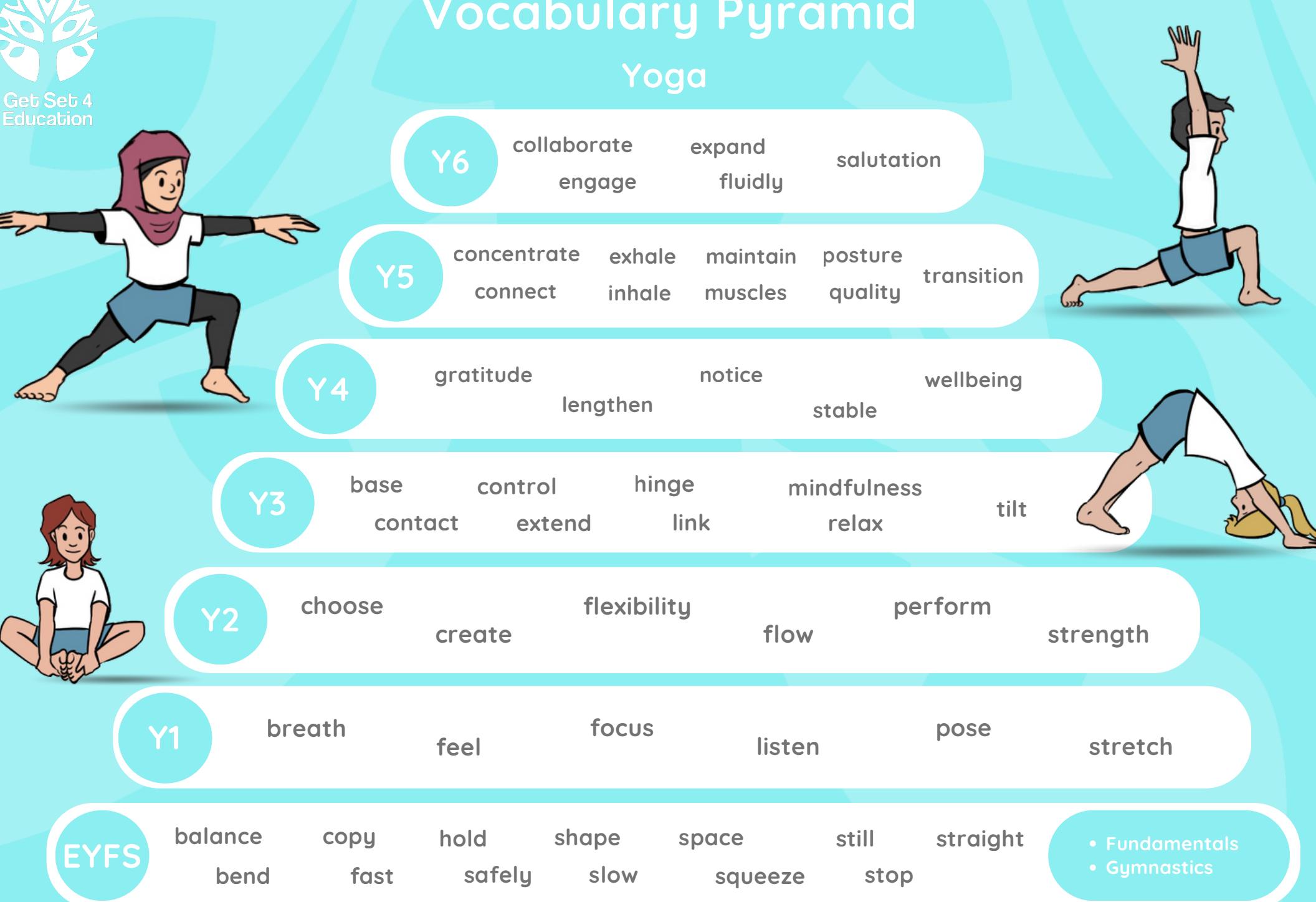
EYFS	aim	catch	hit	lose	ready	run	space	team
	ball	caught	jog	partner	roll	safely	stop	throw
	bounce	dribble	jump	points	rules	score	target	win

- Ball Skills
- Fundamentals
- Games



Vocabulary Pyramid

Yoga



- Fundamentals
- Gymnastics