



Get Set 4
Education

Vocabulary Pyramid

Athletics

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

Dance



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

Gymnastics



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

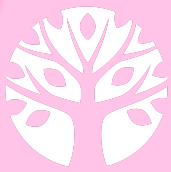
copy
hold
jump

land
over
rock

roll
shape
squeeze

star
still
straight

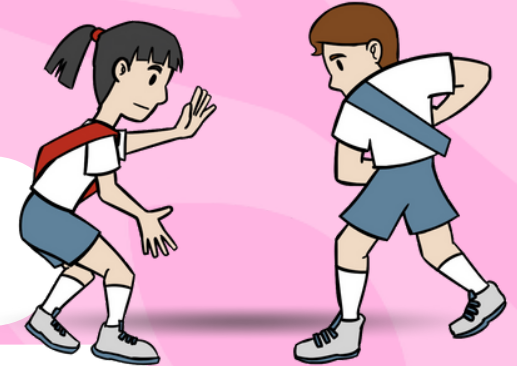
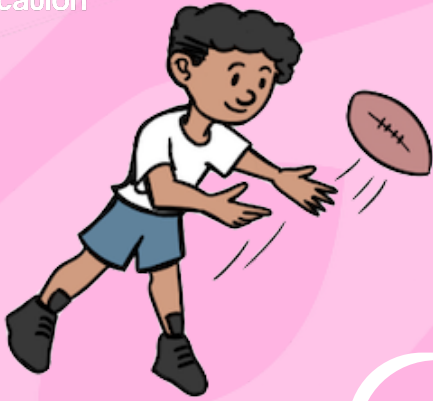
through
travel



Get Set 4
Education

Vocabulary Pyramid

Invasion Games



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	

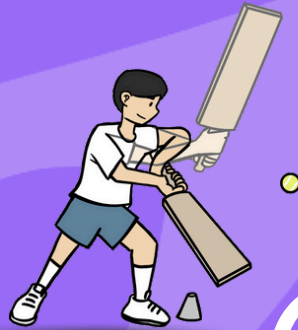
- Ball Skills
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- Games



Get Set 4
Education

Vocabulary Pyramid

Striking and Fielding Games



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



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
blow

breath
bubbles

front
kick

rules
safely

splash
travel





Get Set 4
Education

Vocabulary Pyramid

Target Games



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