

Get Set 4 PE Vocabulary Tables

Vocabulary organised by PE area and year group, using the supplied vocabulary pyramids.

PE area	Year group	Vocabulary
Athletics	EYFS	balance, bend, direction, fast, hop, jog, jump, land, run, safe, safely, slow, space, stop, target, throw, rules
Athletics	Year 1	control, further, leap, overarm, quickly, time, underarm, walk
Athletics	Year 2	aim, distance, far, height, landing, sprint, take off
Athletics	Year 3	accuracy, baton, event, personal best, power, relay, speed, strength, technique
Athletics	Year 4	heave, launch, measure, official, officiate, pace, record, stamina, stride, transfer of weight
Athletics	Year 5	approach, changeover, consistent, dominant, drive, field, force, javelin, momentum, shot put, track
Athletics	Year 6	discus, explosive, fling, grip, maximum, meet, pattern, phase, release, rhythm, stance, strategy
Ball Skills	EYFS	ball, bounce, catch, dribbling, hit, kick, points, ready, roll, run, score, target, throw
Ball Skills	Year 1	control, position, ready, soft, swing, track, underarm
Ball Skills	Year 2	collect, prepare, receive, release, touch
Ball Skills	Year 3	accurate, block, opponent, personal best, possession, power, technique
Ball Skills	Year 4	cushion, decision, momentum, pressure, react
Dance	EYFS	action, counts, direction, finish position, high, low, move, quickly, slowly, space, start position, shape, travel
Dance	Year 1	balance, beat, copy, fast, level, pathway, pose, timing
Dance	Year 2	create, dynamics, expression, matching, mirroring, perform, speed, unison
Dance	Year 3	canon, explore, extend, feedback, formation, interact
Dance	Year 4	action and reaction, flow, order, performance, phrase, relationship, represent, rhythm, structure
Dance	Year 5	choreograph, choreography, collaboratively, genre, motif, posture, quality, transition
Dance	Year 6	aesthetic, express, freeze frame, inspiration, mood, rehearse, refine, stimulus, style
Fitness	EYFS	balance, bend, copy, fast, hold, hop, jump, land, run, safely, slow, space, squeeze, still, stop, travel
Fitness	Year 1	active, bones, brain, breathing, calm, exercise, healthy, heart, memory, mood, muscles, quick, strong
Fitness	Year 2	speed, sprint, steady, time, tired
Fitness	Year 3	agility, control, co-ordination, stamina, strength, technique, progress
Fitness	Year 4	accelerate, decelerate, dynamic, react, record, static
Fitness	Year 5	consistent, drive, measure, motivate, persevere, power, stable
Fitness	Year 6	abdominals, analyse, calves, engage, quadriceps, rhythm
Fundamentals	EYFS	balance, bend, crawl, direction, fast, hop, jump, land, rules, safely, slide, slow, space, stop, travel
Fundamentals	Year 1	dodge, jog, ready, position, skip, swing
Fundamentals	Year 2	hurdle, speed, sprint, take off, weight
Fundamentals	Year 3	agility, control, co-ordination, rhythm, technique
Fundamentals	Year 4	accelerate, decelerate, momentum, react, stability

Gymnastics	EYFS	around, balance, bend, copy, hold, jump, land, over, rock, roll, shape, squeeze, star, still, straight, through, travel
Gymnastics	Year 1	action, control, direction, level, speed
Gymnastics	Year 2	link, pathway, pike, sequence, straddle, tuck
Gymnastics	Year 3	body tension, contrast, extend, flow, landing position, match, patch, point, take off
Gymnastics	Year 4	bridge, fluidly, inverted, momentum, perform, rotation, shoulder stand, stability, wrist grip
Gymnastics	Year 5	asymmetrical, canon, cartwheel, decide, extension, identify, mirroring, observe, performance, quality, stable, symmetrical, synchronisation, transition
Gymnastics	Year 6	aesthetics, competent, contrasting, counter balance, counter tension, engage, execution, flight, formation, handstand, progression, refine, structure, vault
Invasion Games	EYFS	aim, bounce, catch, direction, dribble, jump, kick, land, lose, pass, path, points, rules, run, safely, score, space, stop, team, throw, win
Invasion Games	Year 1	attacker, defender, dodge, goal, mark, track
Invasion Games	Year 2	attack, defend, goalkeeper, opponent, possession, receive, send, shoot, tactic, teammate
Invasion Games	Year 3	accurate, communicate, control, court, intercept, invasion, opposition, pitch, receiver, referee, teamwork, technique, tournament, umpire
Invasion Games	Year 4	accelerate, cushion, decision, delay, deny, gain, limit, momentum, obstruct, offside, onside, option, pressure, protect, support, tackle, timing
Invasion Games	Year 5	angle, ball carrier, barrier, close down, create, dominant, drive, maintain, rebound, situation, sportsmanship, sporting behaviour, stance
Invasion Games	Year 6	abide, appropriate, assess, ball side, consistently, consecutive, contest, definite, dictate, draw, extend, react, transition, turnover
Land Based Water Safety	EYFS	deep, edge, float, floating aid, fun, help, pool, rescue aid, safely, sea, shallow, shout, water code
Land Based Water Safety	Year 1	calm, coastguard, emergency, hazard, lifeboat, lifeguard, rules, self-rescue, signal, sign, shock, unsafe
Land Based Water Safety	Year 2	999, consequence, current, environment, reach, responsibility, shore, slippery, supervision, survival, warning, weather, waves
Land Based Water Safety	Year 3	assertive, bystander, buoyancy, casualty, cold water shock, conserve, emergency operator, H.E.L.P, interpret, peer pressure, treading water
Land Based Water Safety	Year 4	accurate, assess, conserve heat, emergency services, huddle position, hypothermia, judgement, prevent, risk
Land Based Water Safety	Year 5	accurate information, conditions, dynamic risk, emergency response, justify, leadership, prevention, priority, rip current, survival strategy, teamwork
Land Based Water Safety	Year 6	coordinate, decision-making, evaluate, influence, integrity, recovery, sequence, survival, urgency, variable
Net and Wall Games	EYFS	aim, catch, direction, hit, lose, partner, points, run, safely, score, space, stop, target, throw, win, rules
Net and Wall Games	Year 1	net, position, racket, ready, track, underarm
Net and Wall Games	Year 2	against, defend, quickly, receive, return, trap
Net and Wall Games	Year 3	backhand, control, co-operation, competition, court, face, forehand, opposition, opponent, rally, react, tactic
Net and Wall Games	Year 4	alternate, compete, continuous, co-operative, contact, deny, extend, receiver, reflect, swing
Net and Wall Games	Year 5	adjust, baseline, communicate, consecutive, create, cushion, dominant, grip, non-dominant, option, pressure, release, serve,

		sportsmanship, technique, situation
Net and Wall Games	Year 6	abide, appropriate, direct, doubles, footwork, limit, opposing, placement, prepare, recover, service, stance, thrust
OAA	EYFS	backwards, direction, forwards, partner, path, rules, safely, score, sideways, space, stop, team
OAA	Year 1	challenge, co-operate, instructions, lead, listen, plan, share, talk
OAA	Year 2	communicate, include, map, solve, successful, support
OAA	Year 3	collaborate, compass, course, discuss, honest, interrupt, route, symbol, tactics, teamwork, trust
OAA	Year 4	effectively, key, leader, navigate, orientate, reflect, role
OAA	Year 5	cardinal points, compromise, concise, critical thinking, landmark, negotiate, strategy, verbal, visual
OAA	Year 6	adhere, approach, contribute, determine, evaluate, inclusive, location
Parkour	EYFS	copy, jump, jog, move, roll, safely, shape, stop, still, travel
Parkour	Year 1	balance, control, direction, land, level, link, movement, share
Parkour	Year 2	ahead, change, choose, communicate, co-operation, create, pathway, speed, steady, strength, support, weight
Parkour	Year 3	control, landing position, obstacle, pattern, securely, take off, vault
Parkour	Year 4	adapt, decide, flair, fluidly, flow, momentum, precision, quadrupedal, rotation, stability, transitions
Parkour	Year 5	collaboratively, consecutive, drive, elevate, horizontal, identify, observe, performance, power, vertical
Parkour	Year 6	absorb, appropriate, aesthetics, competent, dismount, execution, extension, flight, refine, structure
Striking and Fielding Games	EYFS	aim, catch, direction, jump, land, lose, partner, pass, points, rules, run, safely, score, space, stop, team, throw, win
Striking and Fielding Games	Year 1	batter, batting, bowl, bowler, fielding, fielder, hit, out, overarm, ready position, track, underarm
Striking and Fielding Games	Year 2	backstop, collect, runs, stump, tactics, teammate
Striking and Fielding Games	Year 3	accuracy, caught out, grip, no ball, run out, short barrier, strike, technique, tournament, umpire, wicket
Striking and Fielding Games	Year 4	compete, cushion, decision, limit, momentum, pressure, retrieve
Striking and Fielding Games	Year 5	backing up, close catch, deep catch, long barrier, situation, stance
Striking and Fielding Games	Year 6	abide, appropriate, assess, collaborate, consecutive, consistently
Swimming	Year 1	back, blow, breath, bubbles, front, kick, rules, safely, splash, travel
Swimming	Year 2	enter, exit, float, glide, pull
Swimming	Year 3	backstroke, breaststroke, floating, front crawl, handstand, H.E.L.P position, huddle, sidestroke, sinking, stroke, surface, surface dive, tactics, technique, treading water, water safety
Swimming	Year 4	alternate, buoyancy, rotation, sculling, submerge, survival
Swimming	Year 5	continuously, dolphin kick, endurance, exhale, flutter kick, inhale, outstretched, personal best, retrieve, somersault, synchronised
Swimming	Year 6	afloat, buoyant, conserve, flexed, motion, propel, streamline
Target Games	EYFS	aim, ball, bounce, catch, caught, dribble, hit, jog, jump, lose, partner, points, ready, roll, run, safely, score, space, stop, target, team, throw, win, rules
Target Games	Year 1	balance, distance, further, overarm, swing, underarm
Target Games	Year 2	accurate, ahead, opponent, release, strike, teammate
Target Games	Year 3	agility, caught out, chip, communicate, drive, grip, hit out, opposition, power, putt, tactic, technique, tournament

Target Games	Year 4	adjust, avoid, cushion, decision, relaxed, support
Target Games	Year 5	align, angle, fake, force, officiate, par, situation, stance
Target Games	Year 6	abide, appropriate, anticipate, assess, collaborate, trajectory
Yoga	EYFS	balance, bend, copy, fast, hold, shape, safely, slow, space, squeeze, still, straight, stop
Yoga	Year 1	breath, feel, focus, listen, pose, stretch
Yoga	Year 2	choose, create, flexibility, flow, perform, strength
Yoga	Year 3	base, contact, control, extend, hinge, link, mindfulness, relax, tilt
Yoga	Year 4	gratitude, lengthen, notice, stable, wellbeing
Yoga	Year 5	concentrate, connect, exhale, inhale, maintain, muscles, posture, quality, transition
Yoga	Year 6	collaborate, engage, expand, fluidly, salutation