

Vocabulary Pyramid

Athletics



Get Set 4
Education

EYFS

Ball Skills

Games

Fundamentals



Year 1

push
stop
jump
space
forwards
balance
safely
backwards

far
fast
improve
hop
slow
direction
aim
bend
travel



Year 2

sprint
take off
jog
landing
distance
overarm
height
underarm

speed
higher
power
pace
strength
control
accurately
faster
further



Year 3

power
determination
stamina
accuracy
officialiate
perseverance
personal best

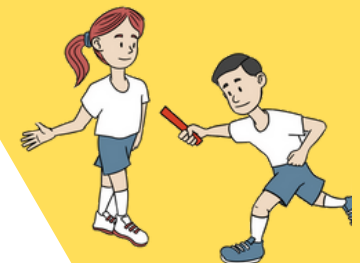
technique
downsweep
upsweep
flight
rhythm
stride



Year 4

Year 5

rotation
force
trajectory
compete
continuous pace
momentum
transfer of weight



Year 6