

Vocabulary Pyramid

Fitness



Get Set 4
Education

EYFS

push **Gymnastics**

stop **Fundamentals**

space jump

balance safely

exercise heart lungs

body mood

strong pace race

speed jog steady sprint

strength accurately

distance balance control

technique co-ordination healthy

progress muscle stamina

technique momentum rhythm

agility drive power

generate force measure analyse

continuous flexibility record

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

