

Vocabulary Pyramid

Fundamentals



Get Set 4
Education

EYFS

run

stop

space jump

balance skip

Year 1

fast hop slow

direction land safely

dodge jog hurdle

speed steady sprint

Year 2

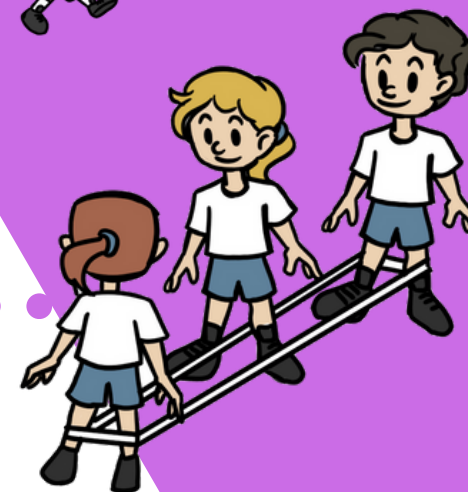
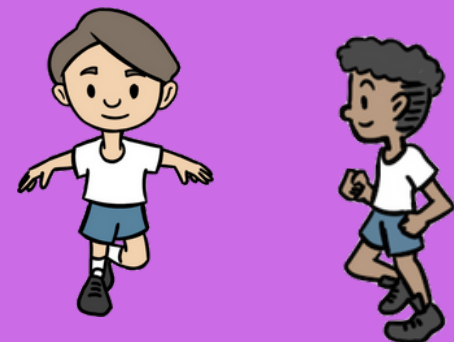
distance technique control

tension coordination rhythm

Year 3

momentum decelerate transfer

accelerate pace stability



Year 4