

# Vocabulary Pyramid



Get Set 4  
Education

## Yoga

## Gymnastics

## Fundamentals

### EYFS

move

still

space

travel

shape

safely

### Year 1

feel

breath

copy

listen

slowly

### Year 2

focus

position

flow

pose

create

choose

### Year 3

strength

relax

link

balance

flexibility

perform

technique

### Year 4

gratitude

stable

control

grounded

mindfulness

well being

### Year 5

quality

notice

calm

develop

high lunge

fluidity

### Year 6

salutation

transition

aware

collaboratively

practice

connected

