

# Vocabulary Pyramid

## Fitness



Get Set 4 P.E.

EYFS

push Gymnastics

stop Fundamentals

space jump

balance safely

Year 1

exercise heart lungs

body mood

Year 2

strong pace race

speed jog steady sprint

Year 3

strength accurately

distance balance control

Year 4

technique co-ordination healthy

progress muscle stamina

Year 5

technique momentum rhythm

agility drive power

Year 6

generate force measure analyse

continuous flexibility record

