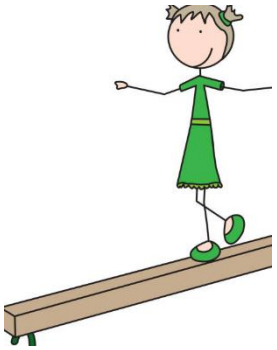
Vocabulary Pyramid

Athletics











EYFS

Push
Jump Stop
Safe Safely
Forwards Balance

Year 1

Far Hop Aim Fast
Slow Bend Improve
Direction Travel

Year 2

Sprint Jog Distance Height
Take Off Landing Overarm
Underarm

Year 3

Speed Power Strength Accurately Higher
Pace Control Faster Further

Year 4

Power Stamina Officiate Perseverance Determination
Accuracy Personal Best

Year 5

Technique Upsweep Rhythm Downsweep Flight Stride

Year 6

Rotation Trajectory Continuous Pace Force Compete Momentum
Transfer Of Weight