Vocabulary Pyramid

Fitness











EYFS

Push

Stop Space

Jump Balance

Safely

Year 1

Heart Exercise 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