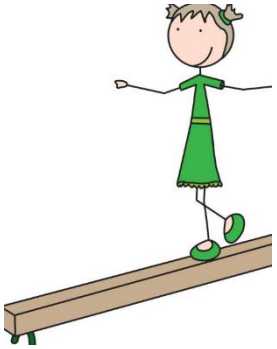
Vocabulary Pyramid

Fundamentals











EYFS

Run

Stop Space

Jump Balance Skip

Year 1

Fast Hop Slow

Direction Land Safely

Year 2

Dodge Jog Hurdle Speed

Steady Sprint

Year 3

Distance Technique Control Tension

Co-ordination Rhythm

Year 4

Momentum Deceleration Transfer Accelerate

Pace Stability