

Vocabulary Pyramid Athletics

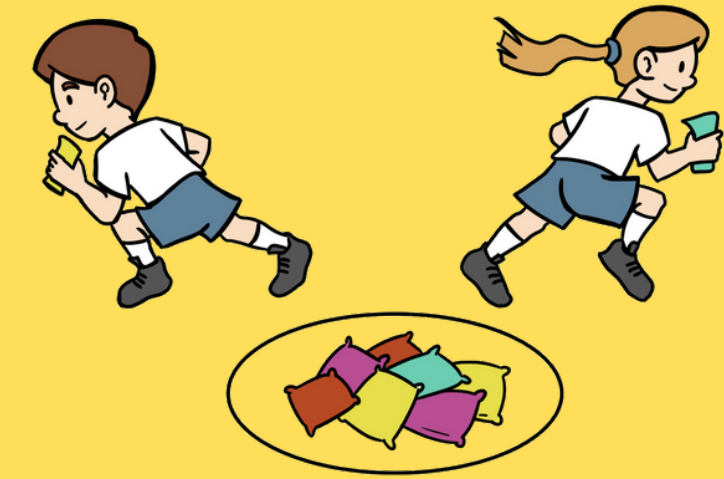


EYFS

Ball Skills

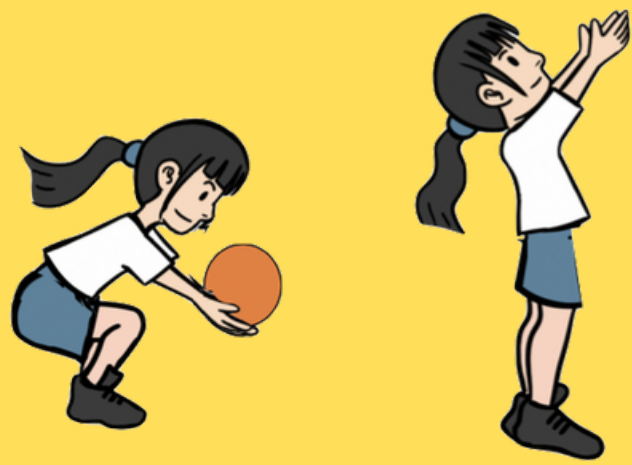
Games

Fundamentals



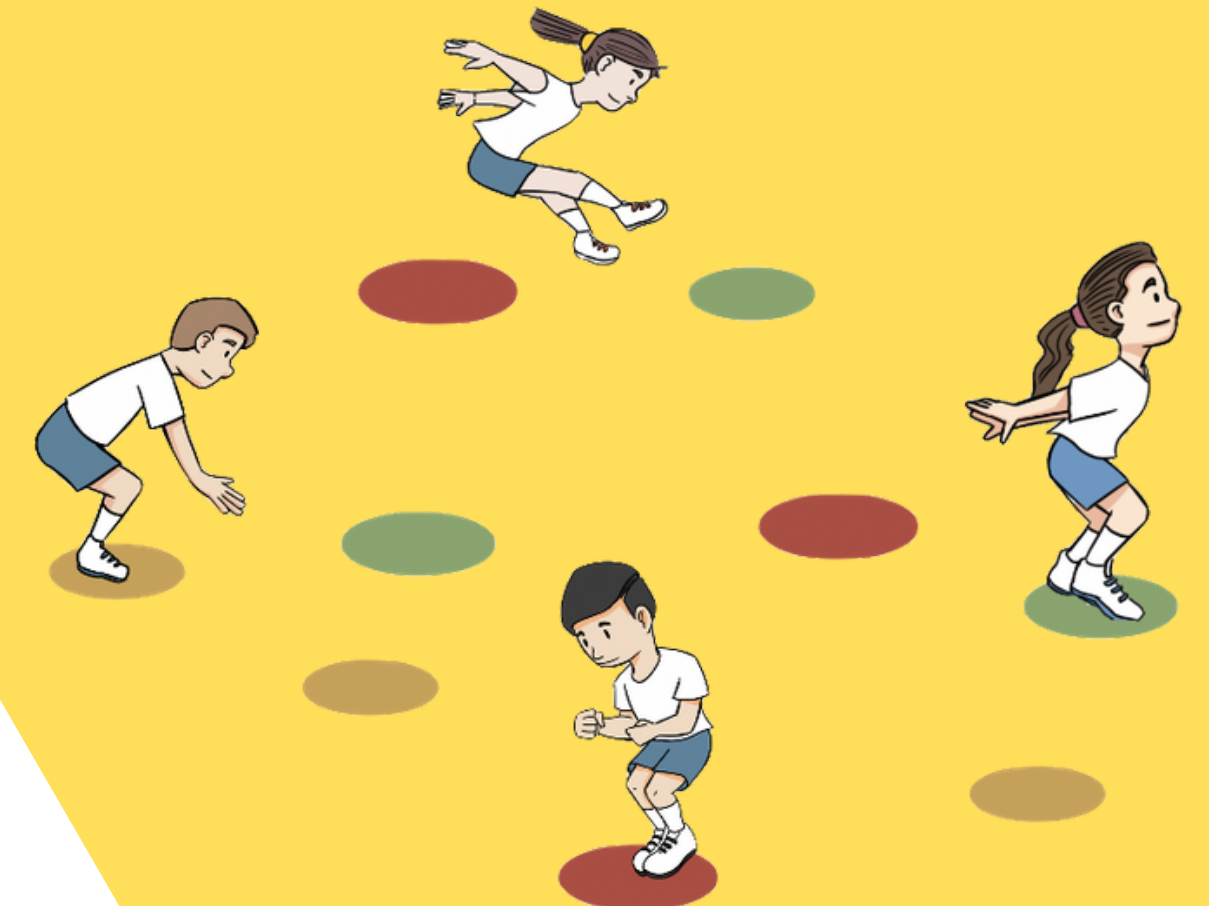
Year 1

push
stop
jump
space
forwards safely
balance backwards
far hop aim
fast slow bend
improve direction travel



Year 2

sprint jog distance height
take off landing overarm underarm



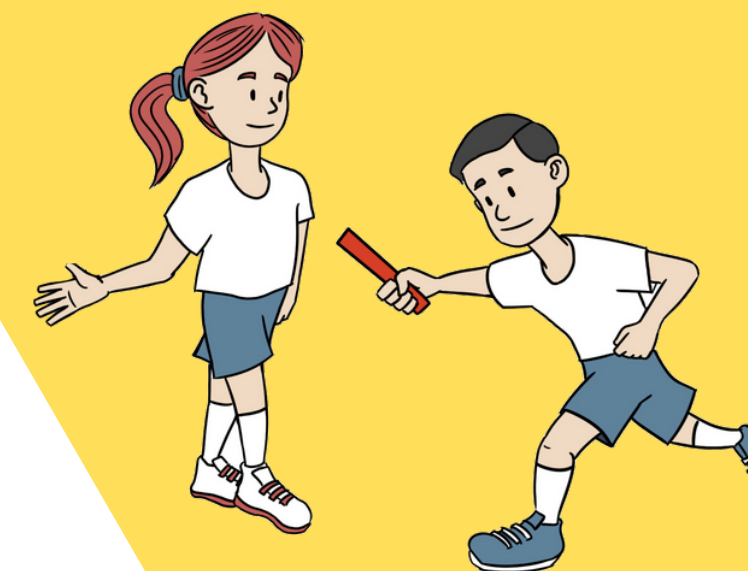
Year 3

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