

Athletics Vocabulary

Reception

Walk
Jog
Throw
Target
Jump
Run
Hop
Skip
Fast
Pass
In pairs

Year 1 and Year 2

Throw
High
Low
Skip
Aim
Fast
Slow
Safely
Step
Bounce
Jump
Leap
Hop
Repeat
Run
Target
Overarm
Underarm
Walking
Jogging
Accelerate
Baton
Relay
Push
Take off
Landing
Evaluate
Improve

Year 3 and Year 4

Sling

Athletics Vocabulary

Pull
Distance
Sprint
Steady pace
Accuracy
Height
Record
Joints
Rhythm
Leading leg
Measure
Underarm
Overarm
Heart beat
Pulse rate
Jogging
Walk
Hurdles
Landing
Control
Preferred
Landing foot
Time
Stamina
Obstacles
Stance
Diagonal
Approach
Speed
Relay

Year 5 and Year 6

Sprint
Team
Distance
Measure
Height
Target
Pacing
Rhythm
Obstacles
Leading leg
Hurdles
Throwing
Speed

Athletics Vocabulary

Accuracy

Take off

Stamina

Time

Projectory

Release

Performance

Accuracy

Take off

Distance

Target

Time

Position

Measure

Control

Height

Run up

Hurdles