



Athletics Vocabulary

EYFS



Walk, run, jog, jump, throw, catch, space, hop, skip, jump.





Athletics Vocabulary

Year 1 and Year 2



Speed, power, strength direction, travelling, grip, stance, techniques, sprinting, accuracy, underarm, overarm, distance, stretch, muscles, fitness, skills, jump, sprint.





Athletics Vocabulary Year 3 and Year 4



Teamwork, relay, baton, event, combination, transition, acceleration, deceleration, propel, muscles, biceps, triceps, calf, quadriceps, abdominal, hamstring, glutes, torso, javelin, discus.





Athletics Vocabulary Year 5 and Year 6



Pace, accuracy, stamina, endurance, communication, consistency, momentum, sprint, technique, resistance, high intensity, sustain, assisted, aerobic, cardiovascular, muscle groups, javelin, discus.

