



Indoor Athletics Vocabulary Progression

Year R

- Run
- Hop
- Skip
- Jump
- Look
- Safe
- Move
- Throw

Year 1

- Leap
- Personal best
- Determination
- Counting
- Team
- Skipper
- Mini Coaches
- Race

Year 2

- Speed Bounce
- Sprint
- Length
- Faster
- Teammate
- Centimetres
- Metre

Year 3

- Co-ordination
- Speed
- Relay
- Measure
- Competition
- Strides

Year 4

- Score
- Push
- Record
- Shuttles
- Bounding
- Circuit
- Test

Year 5

- Vertical jump
- Javelin
- Collaborate
- Power
- Drive
- Force

Year 6

- Accuracy
- Strength
- Rhythm
- Simultaneously
- Exert

