



# Fitness Vocabulary Progression



Year R

Hop

Jump

Skip

Run

Crawl

Climb

Dance

Safe



Year 1

Balance

Exercise

Moving

Bounce

Body

Faster

Score

Heart



Year 2

Co-ordinate

Teach

Timing

Heart Beat

Steady Pace

Speed

Challenge

Seconds



Year 3

Mountain climbers

Press up

Pulse

Squat

Seal Claps

Lunge

X-touch

Jumping Jack

TBE



Year 4

Personal Best

Circuit

Heart Rate

Non-preferred

Control

Performance

Exercise

Station



Year 5

Lateral Jump

Highland Fling

High Knee Claps

Shuttle Runs

Repetitions

Rebound Push up

Plank

Spotty dogs

Burpees



Year 6

Explosive

Inclined

Isolated

Combination

Set

Lateral

Load

Pulsing

Maximum