

# 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