

# PE Vocabulary

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TARGET



What is your target for this term?

What do you want to improve?

How are you going to do this?

Who can help you achieve this?

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## FOOTWORK

Footwork is about movement skills.

What is the footwork rule in netball?

Can you use your feet in dance to create an interesting routine?

What does good footwork allow you to do?

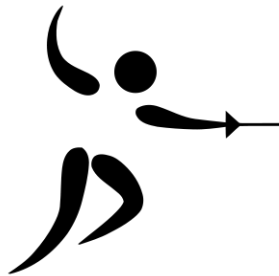


# PE Vocabulary

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## ATTACK

If players in a team attack, they move forward to try to score points, goals, etc.



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## **DEFENCE**

**Synonyms:**

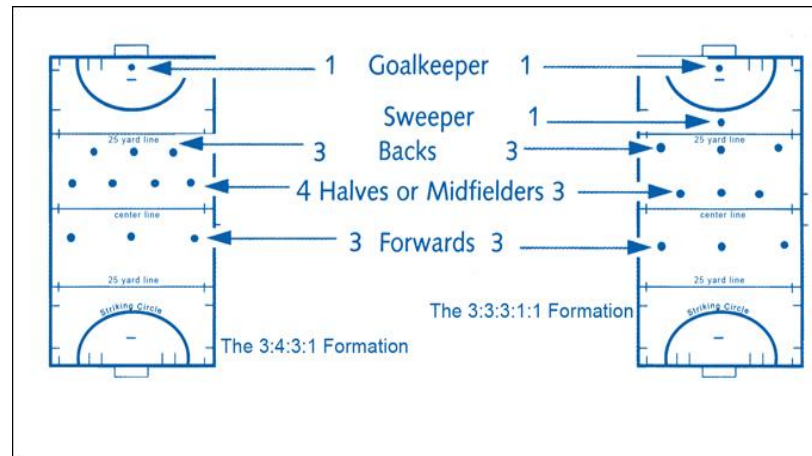
- **Prevent**
- **Barrier**
- **Protect**
- **Guard**
- **Security**
- **Cover**



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## FORMATION



# PE Vocabulary

YR 7&8

FLUENCY

Synonyms:

- Fluidity
- Flow
- Smoothness
- Effortless
- Ease
- Natural
- Grace
- Elegance



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*ACCURATE*

The quality or state of being correct or precise.



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## COLLABORATION

How can working successfully with your peers enhance your performance?



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## **BALANCE**



The ability to retain the centre of mass (gravity) of the body above the base of support with reference to static (stationary), dynamic (changing) conditions of movement, shape & Orientation.

What sports require good levels of balance?

Can you give an example of when dynamic balance is used in sport?

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## **AESTHETIC**

Moments in sport are sometimes beautiful. For example a brilliantly executed goal, a cover drive in cricket, a delicate chip in golf or a smash in badminton. Sports such as ice dancing or gymnastics often thought of in these terms.



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## **TEAMWORK**

The process of working collaboratively with a group of people in order to achieve a goal.

- What does 'good' teamwork look like?
- What do the people in the team do?



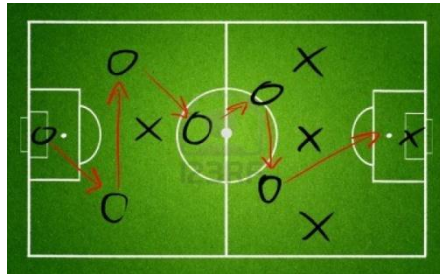
# PE word/term of the week.

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## TACTIC

Tactics are the skills required to allow a player or team to effectively use their skills and talent to the best possible advantage.

Tactics often mean the difference between a good team and an excellent team.

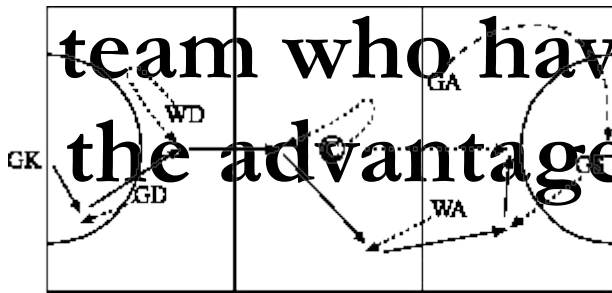


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## **SET-PLAY**

A prearranged manoeuvre carried out by the team who have the advantage.

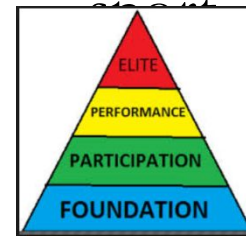


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## **PERFORMANCE**

How well a task is completed.

Performance also features on the sports participation pyramid and represents the level where young people begin to develop talent in a specific



This represents county regional level sport.

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## **OVER**

When have you used this word in your PE lessons?

Overarm throw

Overhead pass

Overhead clear

Over – space in dance



What others can you think of?

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## **MUSCULAR**

## **ENDURANCE**

The ability to use the voluntary muscles many times without getting tired.



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## **SKILL**

- What skills do you need in your PE lessons at the moment?
- What skills do you need for hockey and netball?
- What skills do you require in dance and hockey/netball?



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## **AGILITY**

The ability to change the position of the body quickly and to control the movement of the whole body.

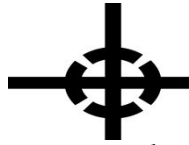


What fitness test tests agility?

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CENTRE



When is the word centre used in your PE lessons?

Centre pass in netball

Central – space in dance

Centre of gravity – gymnastics

What is the role of the centre player in netball?

Can you think of any others?

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OPTIMAL

Best or most favourable.

For example a balanced diet is a diet which contains an optimal ratio of nutrients.



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## TECHNIQUE

Techniques are the basic movements of any sport or event e.g. a block start in a 100 metre race is a technique.

We combine a number of techniques into a pattern of movement e.g. triple jump – running and then the hop, step and jump phases.



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## **WARM-UP**

The warm up gradually raises the body temperature, heart rate and improves the exchange of oxygen from haemoglobin.

Can you name the 3 stages of a warm-up?



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## **COOL-DOWN**

A cool-down gradually brings the heart rate back to normal and disperses any lactic acid.



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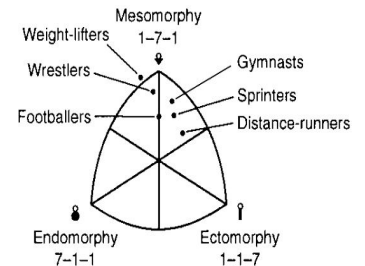
## **SOMATOTYPE**

A classification of a body type.

Endomorph

Mesomorph

Ectomorph



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*FITNESS*

The ability to meet the demands of the environment.



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## **CONTROL**

How does the word  
control apply to PE?

If you perform a movement in  
control, what does it look  
like?

How can you ensure moves are  
controlled?



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## ACCELERATION

The rate at which velocity changes with respect to time.

Average acceleration =  
(final velocity – initial velocity) ÷ elapsed time

**What sports require acceleration?**



# PE Vocabulary

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## DECISION MAKING

The thought process of selecting a logical choice from the available options.

How does decision making link to:

Planning

Coordinating

Team work



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SPEED



The differential rate at which an individual is able to perform a movement or cover a distance in a period of time.

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BLOOD VESSELS

Run throughout body allowing blood to travel everywhere.

Include: arteries, veins and capillaries.



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## COORDINATION



The ability to use two or more body parts together.

How many sporting  
examples can you think of?



Tennis: Hand-eye  
Football dribbling: Foot-eye  
Football header : Head- eye

# PE Vocabulary

YR 7&8

## EXCELLENCE



**Extremely good or outstanding.**

What do you need to do to become excellent at a skill in your PE lessons?

Do you have a sporting role model who is excellent at their sport?

Is one of your peers excellent at something in PE?

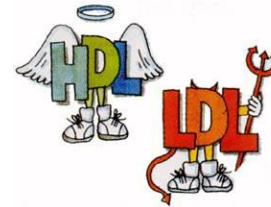
GCSE

## CHOLESTEROL

Cholesterol is a fatty substance carried in the blood by lipoproteins.

There are two types of cholesterol:

High density lipoprotein (HDL) and Low Density Lipoprotein (LDL).



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## FIELDING

A position in a number of games that requires good throwing and catching skills.



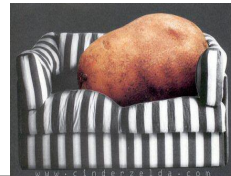
How many sports can you name that require fielders?

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## SEDENTARY

Inactivity means the cardiovascular system does not receive the benefits of exercise.

Sedentary living is also believed to be the main reason for increased obesity.



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## STRIKING

Synonyms:

- Hit
- Slap
- Kick
- Propel
- Smack
- Wallop
- Clout
- Belt



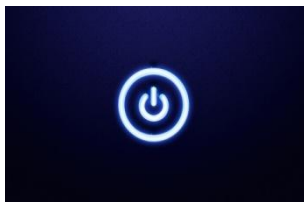
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*POWER*

The ability to undertake strength performances quickly.

Power = Strength x Speed



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## ANALYSE

What makes an effective analysis of performance?

What does constructive feedback actually mean?



How do you analyse a performance?

# PE Vocabulary

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PERFORMANCE

How well a task is completed.



# PE Vocabulary



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## RULE

**A set of explicit or understood regulations or principles governing conduct or procedure within a particular area of activity.**

Are there any sporting rules you disagree with?

What do you think is the most important rule in the sport you are doing in your PE lesson at the moment?

Are there are rules you don't understand?