

PE	Key vocabulary
Yr 7	<ol style="list-style-type: none"> 1. Cardiovascular endurance: The ability to continue exertion while getting energy from the aerobic system used to supply the body with energy. 2. Power: The ability to exert a maximal force in as short a time as possible 3. Muscular endurance: The ability to move your body and muscles repeatedly without fatiguing. 4. Coordination: The ability to move two or more body parts under control, smoothly and efficiently 5. Agility: The ability to change direction at speed and under control. 6. Speed: The ability to move quickly across the ground or move limbs rapidly through movements 7. Bones: The bones form joints and act as levers, allowing muscles to pull on them to produce movement. 8. Muscles: Muscles are attached to bones by tendons and help them to move. When a muscle contracts, it gets shorter and so pulls on the bone it is attached to. When a muscle relaxes, it goes back to its normal size. Muscles can only pull and cannot push. 9. Heart rate: Number of heart beats per minute 10. Stretching: Stretching is a form of physical exercise in which a specific muscle or tendon (or muscle group) is deliberately flexed or stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone
Yr 8	<ol style="list-style-type: none"> 1. Continuous training: Training that involves activity without rest intervals. It can be performed at any intensity 2. Interval training: Training that incorporates periods of exercise and rest 3. Fartlek training: Training which varies in intensity and duration and consists of bursts of intense effort alternating with less strenuous activity 4. Weight training: A method of training that uses free weights or resistance machines used to develop strength 5. Circuit training: Series of alternate exercises performed at stations that focus on different muscle groups 6. Aerobic exercise: Use of oxygen for the duration of the exercise. Usually at moderate intensity at a continuous rate e.g. long distance running.

	<ol style="list-style-type: none"> 7. Anaerobic exercise: Exercise which does not allow for the predominant usage of oxygen. Usually high or very high intensity for a short period of time. E.g. sprinting up a hill. 8. Health: The state of emotional, physical and social well-being. 9. Fitness: Your ability to meet the physical demands placed on you by the environment 10. Balance: The ability to stay upright or stay in control of body movement.
Yr 9	<ol style="list-style-type: none"> 1. Balanced diet: A diet that contains the correct proportions of carbohydrates, fats, proteins, vitamins, minerals, and water necessary to maintain good health. 2. Officiating: An official is someone who controls the actual play of a competition (e.g. umpire, referee or judge) and administers the rules and laws of the sport to ensure the proper conduct of a sporting fixture in a safe environment. 3. Communication: Communication can be written, verbal or non-verbal. All of these methods require different communication skills to ensure that information exchanged is accurate and understood. 4. Outwit: To gain an advantage over someone by tricking them or using your intelligence 5. Training zones/ thresholds: Your training zones are the target ranges (of heart rate, pace or perceived exertion) that will be used to prescribe workout intensities. 6. Tactical awareness: The ability to identify tactical problems that arise during a game and to respond appropriately 7. Competitive: Competitive activities has a focus on winning. 8. Decision making: Decision-making interprets the input using its short and long-term memory and decides what, when, where and how the learner responds. 9. Role model: Someone to be looked up to, (good role model) an example to follow 10. Obesity: The state of being very overweight, with a lot of excess body fat, usually classified using the BMI calculation of 30 or above.
Yr 10	<ol style="list-style-type: none"> 1. Leadership: Is considered as a behavioural process that influences individuals

	<p>and groups towards set goals. As such, a leader has the dual function of ensuring player satisfaction while steering the individual or group to success.</p> <ol style="list-style-type: none"> 2. Motivation: is a combination of the performer's determination and enthusiasm to achieve their goals and the outside factors which affect them. 3. Media: The giving of money or goods to performers in order to get good publicity and/or increase profit. 4. Sponsorship: the financial support for a sport (whether this is an event, organisation or performer) by an outside body (be it a person or organisation) for the mutual benefit of both parties. 5. Competition: where participants or teams compete against different opponents as part of an organised league or competition 6. Governing Body: A National Governing Body (NGB) is an organisation that governs and administers a sport on a national basis. 7. Goal Setting: A method to increase motivation and reduce anxiety (SMART GOALS). 8. SMART: Specific - A target to achieve Measurable - something quantitative you can use Achievable - something that can be done by the performer Recorded - a training programme record Timed - to be achieved in a certain amount of time 9. Policies: Sport policy sets clear goals and guidelines for how sport can contribute to society. 10. Funding: How sport organisations seek and receive funds to support their operations such as fundraising, government grants, sponsorship and voluntary sector trusts.
Yr 11	<ol style="list-style-type: none"> 1. Participation: purposeful active participation in sports related physical activities performed during leisure-time 2. Barriers: A barrier is something that stops or prevents an individual developing in a physical activity or sport. Such as: social influence, time, money, facilities, injury, lack of resources. 3. Sporting events: an athletic activity requiring skill or physical prowess, usually competitive in nature and governed by a set of rules provided by a nationally recognized sanctioning body. 4. Competent: Having suitable or sufficient skill, knowledge and experience. 5. Competitive sport: Competition refers to a contest for some prize, honor or advantage; competitive sport is usually played or participated in between two or more persons or teams striving for the common goal of winning. 6. Team performance: the extent to which a team is able to meet its output goals (e.g., quality, functionality, and reliability of outputs), the expectations of its members, or its cost and time objectives 7. Skill: The ability to perform a sporting skill consistently well at speed, under

fatigue and pressure conditions in a competition environment

8. Practice: repeated exercise in or performance of an activity or skill so as to acquire or maintain proficiency in it
9. Technique: skill and ability in an artistic, sporting, or other practical activity that you develop through training and practice.
10. Decision-making: the process of making choices by identifying a decision, gathering information, and assessing alternative resolutions.