

## Year 7 + 8 Physical Education Vocabulary List



**Aesthetic** – when a skill is pleasing to the eye or looks good.

**Agility** – the ability to change direction at speed.

**Aerobic** – exercise over longer periods of time using oxygen as the main energy source.

**Anaerobic** – short bursts of intense activity which results in oxygen debt.

**Balance** – the ability to stay upright and in control of any movement.

**Cardiovascular Endurance** – the body's ability to continually exercise without tiring.

**Compare** – identify similarities and differences.

**Communication** – the exchange of information among individuals both verbally and non-verbally.

**Coordination** – the ability to use multiple parts of the body together.

**Cool Down** – gentle activity following exercise to help lower the heart rate gradually.

**Consistency** – the ability to perform a skill with repeated success.

**Demonstrate** – showing a skill.

**Explore** – inquire into or discuss a skill in detail.

**Evaluate** – make a judgement from given information or a performance.

**Fitness** – the ability to meet the demands of the environment.

**Flexibility** - the range of motion around a joint.

**Flight** – any movement performed in the air.

**Fluency** – movement that is flowing or smooth.

**Formation** - the arrangement of players or individuals during a match or performance.

**Health** – a state of physical, social and emotional well-being not just the absence of disease.

**HIIT** – high intensity interval training

**Identify** – use information to select important aspects of a skill.

**Motivation** – the internal or external drive that encourages participation.

**Muscular Endurance** - the ability of the muscles to continually contract without tiring.

**Muscular Strength** – the amount of force exerted.

**Opponent** – someone who competes against another.

**Outwit** – using tactics to beat an opponent.

**Possession** – keeping the ball or object in the team's ownership.

**Power** – combination of strength and speed.

**Resilience** – the ability to overcome challenges.

**Resistance** – the force applied against movement.

**Replicate** – make an exact copy of the demonstration.

**Rotation** – a circular movement where part of the body turns.

**Skill** – a learned action.

**Stimulus** – an object or idea that influences an activity.

**Sportsmanship** - fair play, treating others with respect.

**Tactics** – a planned strategy to outwit an opponent.

**Technique** – the correct way a skill should be performed.

**Travel** – movement from one place to another.

**Transferrable Skills** – being able to apply skills learned in one sport to another.

**Warm Up** – a preparation phase before activity to raise the heart rate.