

Year 9-11 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.

Dodging – a sharp movement to avoid an opponent or object.

Demonstrate – showing a skill.

Explore – inquire into or discuss a skill in detail.

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

Feinting – make a deceptive or distracting movement to outwit an opponent.

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.

