

Subject Vocabulary Physical Education

Athlete

- Field
- Rules
- Techniques
- Relay
- Team work
- Turn taking
- Decision making
- Choosing
- Failure
- Resilience
- Competitive
- Teams

Body parts

- Arms
- Legs
- Triceps
- Muscles
- Lungs
- Heart
- Biceps
- Quadriceps
- Hamstring

Mobile/mobility

- Stop/go/wait
- Hot/cold
- Fast/slow
- Warm up
- Cool down
- Low/high
- Forwards/backwards
- Pace/time
- Left/right
- Start/finish
- 'Ready steady go'
- 'On your marks'
- Immobility/ Disability
- Disability

Tournament

- Qualify
- League
- Team
- Pitch
- Squad
- Winning/losing
- Tactics
- Problem solving

Equipment

- Safety –
hair/earrings/inhalers
- Hydration- water
- Kit -Shorts and t-shirt
- Trainers/plimsoles
- Bench/beams/bars/climbing
- Bean bags
- Hoops/quoits
- Balls – small/large
soft/hard
- Bats/rackets
- Skipping Ropes

Challenge

- Praise
- Reward –
verbal/medal/certificate
- Hard work
- Aspirations
- Olympics
- Competition
- Resilience
- Failure
- Injury
- Goals

- Achievement
- Motivation

Exercise/Activity

- Breathing
- Exhalation -lungs
- Inhalation
- Respiration
- Hydration
- Pace/speed
- Time –fast/slow
- Hot/cold
- Space/spaces
- Warm up/Cool down
- Warm up
- Throwing/catching
- Sending/receiving
- Kicking/hitting
- Function
- Walk/walking/walked
- Run/running/ran
- Jump/jumping/jumped
- Skip/skipping/skipped
- Hop/hopping/hopped
- Swim/swimming/swam
- Technique

Gym/gymnastics

- Agility
- Balance
- Co-ordination
- Box/bench/horse
- Stretch/leap
- Bounce/jump
- Swing/land safely

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Physical Education

Tactics

- Team work
- Problem solve
- Turn taking
- Decision making
- Choosing

Agile/Agility

- Balance
- Pull/push
- Stretch/leap/bounce/jump
- How you feel? Heart rate,
breathing.
Hot/cold/tired/Energised

Medicine

- Inhaler –Asthma