
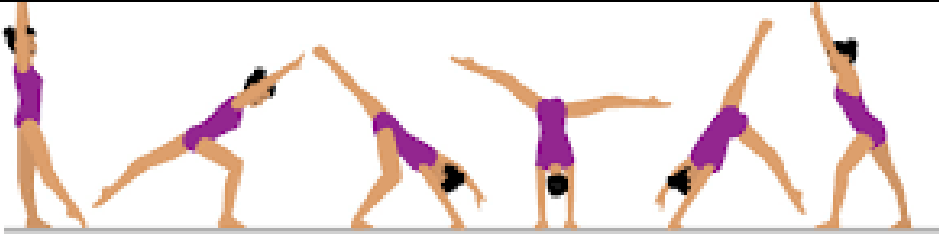



# A – Z Glossary of PE Vocabulary



	Definition/Guidance
Acceleration	Acceleration is defined as the rate of change of velocity. In other words, acceleration is the change in velocity over a period of time. Acceleration can be worked out with the formula $\text{acceleration} = \text{velocity}/\text{time}$ . Acceleration, then, describes how quickly someone can increase their velocity to reach their maximum speed.
Accuracy	The ability to perform movements and skills with precision
Analyse/Evaluate	To examine in detail in order to discover meaning and/or essential features; to break down into components.
Backhand	A stroke played with the back of the hand facing in the direction of the stroke, with the arm across the body.
Balance	The ability to maintain equilibrium when stationary or moving (i.e. not to fall over) through the coordinated actions of our sensory functions (eyes, ears and the proprioceptive organs in our joints). <b>Static Balance</b> – The ability to retain the centre of mass above the base of support in a stationary position. <b>Dynamic Balance</b> – The ability to maintain balance with body movement. Pupils should be able to balance on two feet before attempting to balance on one foot, on other parts of the body or inverted.
Baton Change	The passing and receiving of the baton between runners, which should be as smooth as possible so that it does not slow you down.
Bounce	A quick movement up, back, or away from a surface after hitting it.
Bunny Hop	A jump executed with the feet held tightly together and the knees bent. Can be done over a bench.  <span style="float: right; font-size: small;">twinkl.com</span>
Canon	This technique requires dancers to take it in turns to perform a movement that is then identically copied and performed by others (E.g. I do, you do).
Cartwheel	A cartwheel is a sideways rotary movement of the body. It is performed by bringing the hands to the floor one at a time while the body inverts.

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Catch	Intercept and hold (something which has been thrown, propelled, or dropped).
Changeover Zone	The area in which the changeover of the baton from one runner to the next takes place.
Chase	Pursue in order to catch or catch up with.
Chassis Steps	<p>Chassis steps can be used to travel forwards or sideways during a gymnastics routine. They are graceful and elegant steps requiring good body coordination. Your back foot comes forward to meet your front foot but does not over take your front foot (Similar to a gallop)</p> 
Communicate	Share or exchange information, news, or ideas.
Compass	An instrument containing a magnetised pointer which shows the direction of magnetic north and bearings from it.
Compete	Strive to gain or win something by defeating or establishing superiority over others.
Competitive	Competition refers to a contest for some prize, honour or advantage. Competitive sport is usually played or participated in between two or more persons or teams striving for the common goal of winning
Composition	The percentage of body weight which is fat, muscle and bone
Confidence	To be certain about something or feeling sure of oneself and one's abilities. To promote confidence pupils should be appropriately challenged and praised for working to the best of their ability and making progress. In turn, this should motivate and encourage them to have a go and try new things. It is also important pupils feel confident in their teacher's knowledge and ability to support their learning.
Consolidate	

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Control	To exercise restraint or direction over; dominate; command. Pupils from a young age should be encouraged to focus on controlling their movements. When travelling in a space pupils' attention should be drawn to spatial awareness and moving with control. When performing a sequence or balance, good control through sound body tension should be an expectation and when stopping, pupils should be taught to hold still.
Cool Down	Cool Down activities are important after an intense PE activity or lesson. Cool downs allow your heart rate to reduce back to normal gradually, this helps to reduce light-headedness. Most cool downs last for 3-10 minutes and include slower, more gentle movement with stretching exercises
Cooperation	Cooperating is about working together and helping others. When kids cooperate, they have more positive social interactions and are better able to make and keep friends. ... Here are some tips for growing cooperativeness in young children: Help kids understand what cooperation means
Coordination	The ability to control the movement of the body in co-operation with the body's sensory functions, e.g. catching a ball (ball, hand and eye co-ordination). <b>Core movement</b> – The competency in motor skills and movement patterns needed to perform a variety of physical activities. There are a number of different types of skills: <b>Cognitive</b> – or intellectual skills that require thought processes <b>Perceptual</b> – involving interpretation of presented information <b>Motor</b> – involving movement and muscle control <b>Perceptual motor</b> – involving the thought, interpretation and movement skills
Criteria	A principle or standard by which something may be judged or decided.
Defend	To attempt to prevent the opposition from scoring while playing in or near
Defensive Techniques	A system of controlled defensive and offensive body movements used to respond to a 1 vs 1 situation
Direction	Pointing in the correct direction. Direction follows an imaginary line connecting two points. Something following the line is moving in that direction. People show directions by pointing. The word direction is made from the root direct meaning to guide.

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Dodging	A quick, deceptive changes in direction to evade, chase or flee from an opponent. When dodging, knees are bent and the body shifts rapidly in a sideways direction.
Downsweep	A baton exchange technique, where the receiving hand is extended behind at hip height with the palm facing up for the incoming athlete to pass the baton into in a downward movement.
Dramatic Expression	Expresses or imitates emotion, character and narrative action.
Dribbling	The ability to carry/move the ball past an opponent while being in control, whether by using a series of simple taps or a fantastic move around a foe.
Dynamics	HOW the dancer moves eg fast/slow, sudden/sustained, acceleration/deceleration, strong/light, direct/indirect, flowing/abrupt.
Feedback	Tells performers how well they performed or are performing. It can focus on knowledge of results or knowledge of performance and can be intrinsic or extrinsic, positive or negative
Fielding	An attempt to catch or stop the ball and return it after it has been hit by the batsman or batter, thereby preventing runs being scored or base runners advancing.
Fitness	There are two main types of fitness, health-related and skill-related. In the NCPE, the term is used to refer to health-related fitness. This comprises five components (cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition). <b>Personal fitness</b> – Personal fitness is the composite level of these five components that an individual possesses at any point in time.
Flexibility	Flexibility, mobility and suppleness all refer to the range of limb movement around joints. In activities such as gymnastics and athletics pupils can draw on and develop their flexibility using the full range of movement in controlled, focused as well as in dynamic ways. Where possible, skills and positions demanding flexibility are best practised and refined statically (i.e. still) first, before being performed dynamically (i.e. moving).
Fluency	Flowing and smooth movements.
Gallop	Galloping is a forward slide movement: front foot steps forward with a little spring followed by the transfer of body weight to the back foot. As the back foot receives the body weight, the front

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	foot repeats the forward step movement. The same lead foot always stays in front throughout the gallop.
Gravity	Gravity is a force that pulls all objects together. The greater the mass of an object the more gravity it has. Gravity is also stronger when objects are closer together. Although every object (including you!) has a gravitational pull, it is only really seen in action if one of the objects is really, really big.
Handstand	The act of supporting yourself by your hands alone in an upside down position
Health	Health is defined as a state of complete mental, physical and social well-being; not merely the absence of illness or infirmity. Fitness is the ability to meet the demands of the environment. Sport is a good way of relieving stress.
Hitting	To use force to move a ball or object
Hopscotch	The act of jumping from one foot to two feet whilst moving forward
Hurdle	Hurdles involve running (not jumping) over barriers.
Hurdles	A track event that involves running over obstacles at speed. The obstacles or barriers are known as hurdles.
Improvise	Dance improvisation is the process of spontaneously creating movement including mapping through levels, shape and dynamics schema.
Isolation	Where one body part is the only part of the body that is moving and the rest of the body remains still.
Jog	Run at a steady gentle pace, especially on a regular basis as a form of physical exercise
Jump – Cat Spring	<p>In a cat leap, a gymnast travels upwards and forwards by leaping from one foot to the other.</p> <ol style="list-style-type: none"> <li>1. Start with your arms by your side. Step forward and push off the ground with one leg, reaching your arms up above your head as you do so.</li> <li>2. Bring the knee of the other leg upwards nice and high, while keeping the toe pointing down towards the floor.</li> <li>3. Land on the foot of this leg and then step forward with your starting leg to finish the move, bringing your arms back down to your side.</li> </ol>

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	<p>You could also perform a cat leap half turn. That's where the gymnast performs a 180-degree turn as they jump. This means they land dancing the opposite direction to which they started.</p>
Jump – Half Turn	<p>A straight jump half turn is a helpful jump in gymnastics that allows a gymnast to transition between movements, or create interest in routines. It requires strong body awareness, shaping, and control.</p> <ol style="list-style-type: none"><li>1. Bend your knees then jump upwards, swinging your arms back and up.</li><li>2. Stretch your body as you jump, keeping your core (stomach) muscles tight. Your arms should be reaching up to the sky.</li><li>3. Twist your body as you jump so that you land facing the opposite direction.</li><li>4. Point your toes while you're in the air.</li></ol>
Jump – Hop	<p>One-foot to one-foot jump. Can be from the same foot to the same foot or can be one foot to the opposite foot.</p>
Jump – Jumping Jack	<p>A jumping jack is similar to a star jump. In a jumping jack jump, both arms and legs reach out to the sides to create a star shape in the air you then land on your feet in the star shape.</p> <ol style="list-style-type: none"><li>1. Start with your legs together and arms by your sides. Bend your knees, then jump upwards, swinging both your arms and legs out to the side, while keeping them straight.</li><li>2. Keep your arms and legs in the star position and land with your legs apart. Jump again and return your hands and feet together.</li><li>3. Remember to keep your arms, legs, and body straight, and point your toes during this jump.</li></ol>
Jump – Pike	<p>A pike jump is a more difficult jump in gymnastics that also requires good body strength, flexibility, and control.</p> <ol style="list-style-type: none"><li>1. Create lift in your jump by bending your knees and swinging your arms like in the straddle jump.</li><li>2. Straighten out your legs in front of your body into a pike position as you jump, aiming to move your chin towards your shins. Then reach your hands towards your toes.</li><li>3. Bend your knees as you land to soften the impact on the floor. Bring your arms out in front of you for balance.</li><li>4. Remember, don't look down during this jump.</li></ol>

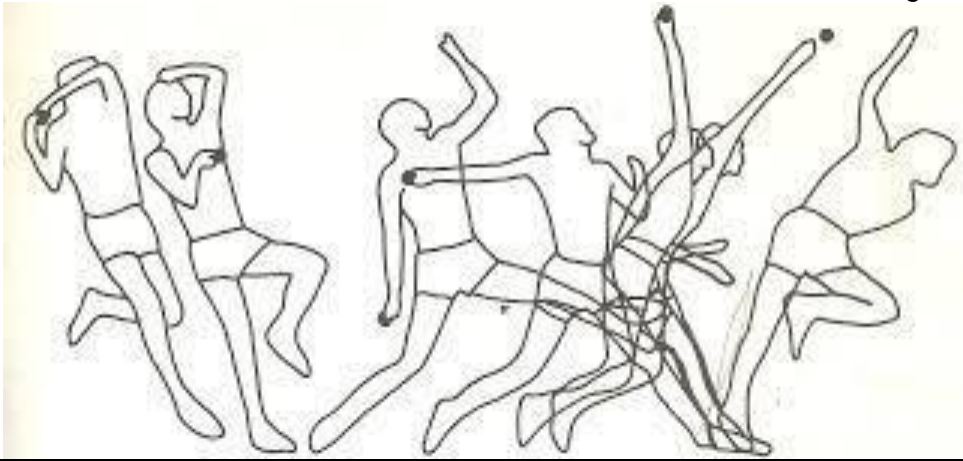
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Jump - Standing Long	A two-footed horizontal jump from a standing position.
Jump - Standing Triple	A horizontal jump involving a hop, step and a jump from a standing position.
Jump - Standing Vertical	A two-footed vertical jump from a standing position. Jumping for height.
Jump – Star	<p>A star jump is similar to a jumping jack. In a star jump, both arms and legs reach out to the sides to create a star shape in the air. You need height to allow time to complete the full movement in the air, so it's best to practise the jump off a bench or agility table.</p> <ol style="list-style-type: none"> <li>1. Start with your legs together and arms by your sides. Bend your knees, then jump upwards, swinging both your arms and legs out to the side, while keeping them straight.</li> <li>2. Bring your arms back to your sides and legs together to land.</li> <li>3. Remember to keep your arms, legs, and body straight, and point your toes during this jump.</li> </ol>
Jump - Start	A type of starting position for sprint races.
Jump – Straddle	<p>A straddle jump is an energetic gymnastics jump that requires good body strength, flexibility, and control to create the shape. This is another jump in gymnastics that requires height to complete the full movement, so you'll need to jump from a bench again.</p> <ol style="list-style-type: none"> <li>1. Bend your knees then jump upwards, swinging your arms back and up to create lift.</li> <li>2. Split your legs into a straddle position as you jump, and reach your hands towards your toes.</li> <li>3. Bring your legs together again to land. Bend your knees to soften the impact, and hold your arms out in front of you for balance.</li> <li>4. Remember, keep your head up and point your toes during this jump.</li> </ol>
Jump - Straight	<p><b>Half turn</b></p> <p>A straight jump half turn is a helpful jump in gymnastics that allows a gymnast to transition between movements, or create interest in routines. It requires strong body awareness, shaping, and control.</p> <ol style="list-style-type: none"> <li>1. Bend your knees then jump upwards, swinging your arms back and up.</li> </ol>


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	<ol style="list-style-type: none"> <li>2. Stretch your body as you jump, keeping your core (stomach) muscles tight. Your arms should be reaching up to the sky.</li> <li>3. Twist your body as you jump so that you land facing the opposite direction.</li> <li>4. Point your toes while you're in the air.</li> </ol> <p><b>Full turn</b> In a straight jump full turn, a gymnast performs a straight jump, and then twists their body 360-degrees to land facing the same direction. This jump requires strong body awareness, shaping, and control. You can use your arms to create height and momentum for the turn.</p>
Jump - Tuck	<ol style="list-style-type: none"> <li>1. Stand with your feet shoulder-width apart, with your knees slightly bent.</li> <li>2. Look forwards and bend your knees. Push powerfully upwards into the jump, bringing your knees into your chest.</li> <li>3. Clasp your arms around your legs, and then release as you descend back to the floor.</li> <li>4. Bend your knees to land safely.</li> </ol>
Key	A list of symbols that appear on the map
Landing	The landing is the final phase of a jump. When carrying out any type of jump, it is important to know how to land safely and in control, so that you do not injure yourself.
Lead Leg	The lead leg is the leg which clears the hurdle first when hurdling.
Levels	The vertical distance from the floor. Movements take place on three levels: high, middle, and low or deep level.
Lunge	A lunge can refer to any position of the human body where one leg is positioned forward with knee bent and foot flat on the ground while the other leg is positioned behind. ... In contrast to the split squat exercise, during the lunge the rear leg is also activated.
Map	A representation of an area of land or sea showing physical features, cities, roads, etc.
Marking	Marking is an organised defensive strategy which aims to prevent a member of the opposing team (usually a striker) from taking control of the ball.
Mirroring	This technique requires dancers to do the same travel, jump, shape or balance at exactly the same time.

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Motif	A short series of actions that are repeated in various parts of a dance composition.
Opposition	The other team.
Orienteer	A competitive sport in which runners have to find their way across rough country with the aid of a map and compass.
Orienteering Course	Using a map to work your way around a course set out which may have certain obstacles on.
Overarm - Bowl	Overarm bowling refers to a delivery in which the bowler's hand is above shoulder height. When cricket originated all bowlers delivered the ball underarm, where the bowler's hand is below waist height. 
Pace	Running at the right pace means you can keep going at that speed for the desired amount of time. Tips for learning how to pace yourself include: 1. Try not to start off by running too quickly so that you have to slow down or stop. Try to run at a consistent pace, whether that is fast, medium or slow. 2. Learn how it feels to run at different paces: be aware of your breathing, your legs and the overall feeling in your body. 3. Allow your body time to warm up and adapt to the feeling. Try to get into a rhythm with your running.
Pass	To send a ball/object to another player.
Pathway	The direction in which children move (diagonally, zigzag, horizontally etc).
Physical	Develop students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle.

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Pivot	The pivoting action is a swivel movement that allows the player to move on a fixed axis to either pass or shoot.
Possession	The act of having or taking into control.
Precision	Although accuracy is very similar to precision, it is still defined in different terms, as follows: "Accuracy indicates proximity of measurement results to the true value, while precision is a measure of the repeatability, or reproducibility, of the measurement.
Racquet	Sports implement consisting of a handled frame with an open hoop across which a network of strings or catgut is stretched tightly.
Rally	Rally is defined as to come together for a common purpose, to bring back, or to rise in price or score. An example of rally is for a group of students to cheer on a basketball team. An example of rally is for the losing team to make a comeback.
Receiving	To come into possession of.
Relay	A relay race is an event in which four participants work as a team to reach the finish line. The aim is to reach the end as quickly as possible and each member of the team takes a turn completing part of the course. Relay races take place in lots of different sports such as athletics, swimming and orienteering.
Retrograde	Where the dance routine or motif is performed backwards.
Rhythm	Rhythm in dance comes from three sources: movement, music and emotions. Rhythm helps the dancer organize motion by providing a structure.
Roll – Backward Roll	Same as the forward roll but you do it backwards!
Roll – Dive Roll	A dive roll is an acrobatic stunt that begins with a horizontal forward diving motion and results in a forward somersault 
Roll – Egg Roll	Sometimes the egg roll is called the 'tucked sideways roll'. This is because the gymnast has to tuck their legs into their chest and hold them steady with their arms. The roll starts on their knees, and then they push with their elbows and knees to roll onto their side, and all the way over back to their knees

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Roll – Forward Roll	<p>The forward roll in gymnastics is sometimes called a roly-poly! It's one of the more simple rolls to master, and one children love to perform!</p> <p>You start a forward roll in the standing position and then bend down into a squat position with your arms out front. From here, you can lower your arms down and touch the mat, tuck your head into your neck, and push your weight towards the top of your body with your legs.</p> <p>This will make you rotate over your head and onto your back. You need to have enough momentum to roll all the way over to your feet and be able to push off the ground – back to your standing position.</p>
Roll – Log Roll	<p>A log roll is usually one of the first rolls children learn in gymnastics because it is nice and simple to explain. To perform a log roll you start with your body on the floor with your arms stretched out above your head. Sometimes this roll is called a pencil roll because you look like a pencil!</p> <p>Then you roll your body sideways, keeping your legs and arms nice and straight. Lots of children like to roll down hills using the log roll because you have lots of control and your view is not obstructed as much as in other rolls.</p>
Roll – Pencil Roll	Sometimes called a log roll
Roll – Teddy Bear Roll	<p>Teddy bear roll starts with you sat on the floor in the straddle position.</p> <p>This is with your back straight and your legs out wide (just like a teddy bear!)</p> <p>Then you need to hold onto your legs just under your knees, and you can lean your body over to one side. Your body will shift the weight onto your back, and you need to keep your legs outstretched in the teddy bear position.</p>
Round Off	A floor or beam skill similar to a cartwheel, but with both feet landing at the same time.
Route	A way or course taken in getting from a starting point to a destination
Scissor Kick	A jump from one foot to the other alternately kicking one leg up and then the other with legs straight, simulating the motion of scissors.
Sequence	Two or more skills which are performed together creating a different combination skill

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Serve	The action in a game such as tennis or volleyball when you throw the ball in the air and hit it over the net
Shoot	The action in a game such as basketball when you throw a ball towards a target that is not on the floor.
Skipping	Skipping is a step and a hop on one foot, followed by a step and a hop on the other foot.
Spatial Awareness	When a dancer is spatially aware they are conscious of their surrounding space and its effective use – can be improved by the dancer using their peripheral vision, working through the dance to plan the spacing.
Speed	Speed is the ability to move parts of your body quickly, or the rate at which someone can perform a movement or cover a distance. It's the equivalent to distance travelled, divided by the time taken.
Springboard	A flexible board usually secured at one end and used for gymnastic stunts
Sprint	Sprinting involves trying to cover a short distance in the fastest possible time.
Squat	A flexible board usually fastened at one end and used for jumping high in the air in gymnastics or diving.
Stamina/Endurance	The ability of the heart, lungs and blood to transport oxygen during sustained exercise. Our heart and lungs are able to cope with activity for relatively long periods of time without getting tired.
Strength	The ability of a muscle or muscle group to overcome a resistance.
Stride	To move with long, even steps
Strike	Players score points by striking an object and running to designated playing areas or prevent opponents from scoring by retrieving the object and returning it to stop the play.
Tactics	The particular method used or selected to achieve something
Take Off	The take-off phase of any jump is the first part of the jump. Here the athlete is preparing to leave the ground. It requires the following action: <ul style="list-style-type: none"> <li>● Bend ankles, knees and hips.</li> <li>● Keep eyes focused forward.</li> <li>● Swing arms behind body.</li> <li>● Straighten legs.</li> <li>● Both feet leave the ground together</li> </ul>
Technique	A way of doing a movement

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Throw - Fling	A type of throwing technique. The discus uses a fling throw technique.
Throw - Heave	A throwing technique used by hammer throwers in athletic competitions.
Throw - Overarm	For longer distances. Less accurate. With the ball in your throwing hand, point the other hand at the target and bend the hand back with the ball at the shoulder. Bring the ball overhead and swivel on your back foot as you turn your body to face the target. Bring the ball over your head and release the ball with a push.
Throw - Pull	A pull throw relates to the javelin. However, it is used in many other sporting activities, for example a cricketer throws the ball using a pull technique and a footballer performs a two-handed pull throw-in from the side of the pitch.
Throw - Push	A push throw relates to the shot-put. However, it is frequently used in many other sporting activities. For example, a netballer making a chest pass or a basketball player taking a free throw uses a push throw.
Throw - Underarm	The underarm throw is used for short distances and is more accurate than the overarm throw. It involves a backward-forward swing of the hand to release the ball. Begin by facing your target while holding the ball in your dominant hand. Swing your arm forward, simultaneously transferring your weight onto your leading foot and moving your free arm back slightly to help you maintain balance. Release the ball once your hand is positioned between your waist and shoulder.
Tiptoe, step, jump and hop	The beginning of the triple jump
Trail	A route to follow
Trail Leg	The leg that follows the lead leg over the hurdle in hurdling is called the trail leg
Trigger	Where another person, part of the music or a cue is used to trigger a dance move.
Underarm - Bowl	The movement of bringing your arm backwards then forwards whilst having your hand low with a ball in it. You let go when your hand gets to the flat position.
Underarm - Strike	Using an object (such as a bat) to hit a ball or object.
Unison	This technique requires dancers to move at the same time as each other.

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Vault	<p>A vault is an action a gymnast performs by running down a runway that is usually made of soft material. They then jump onto a springboard, and use the momentum to bounce up towards the vault – hands first.</p> <p>The idea is to use your hands to control how you get over the vault. A vault is the piece of gymnastic equipment that the performer has to get over. They are usually 120 centimetres long and 90 centimetres wide.</p>
Warm Up	<p>A warm-up is a short activity or exercise undertaken prior to a more intensive exercise or activity. A warm-up is intended to prepare the body for movement, including exercise, sport, dance, and stretching</p>
Wellbeing	<p>Wellbeing is defined as “the state of being comfortable, healthy, or happy.” It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and the ability to manage stress. More generally, wellbeing is just feeling well.</p> <p>Exercise is an essential part of staying healthy in both mind and body for everyone, and especially for children. Exercise encourages a positive mood and is a brilliant way to release stress. Help children get outside into the fresh air after a day of sitting, thinking and learning. You can either encourage them to play a sport or even just get out and play.</p>

Definitions taken from Association for PE

<https://www.afpe.org.uk/physical-education/glossary-of-terms/>