

KS3 PE Vocab List

Agility – Agility is the ability to change the direction of the body in an efficient and effective manner.

Analyse – To examine in detail in order to discover meaning and/or essential features; to break down into components.

Applying – To put into action

Balance – The ability to maintain equilibrium when stationary or moving (i.e. not to fall over)

Static Balance – The ability to retain the centre of mass above the base of support in a stationary position.

Dynamic Balance – The ability to maintain balance with body movement.

Challenge – Something that by its nature or character requires special effort, is demanding.

Competent – Having suitable or sufficient skill, knowledge and experience.

Competitive sport – Competition refers to a contest for some prize, honour or advantage.

Complex – So complicated or intricate as to be hard to understand or deal with; or in the physical education context, to be hard to perform.

Confident – To be certain about something or feeling sure of oneself and one's abilities.

Control – To exercise restraint or direction over; dominate; command.

Cooperative physical activities – Cooperation is a behaviour demonstrated by individuals working together toward shared goals.

Co-ordination – 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).

Demanding – Calling for intensive effort or attention; in the physical education context, intensive physical effort (i.e. physically demanding).

Effectiveness – Adequate to accomplish a purpose; producing the intended or expected result.

Excel – Deriving from the word excellent, to do very well or be exceptionally good at or proficient in an activity.

Expert

Noun – A person who has special skill or knowledge; a person who is a specialist authority in some particular field.

Adjective – Possessing specialist skill or knowledge; skilful or skilled.

Fairness and respect – Fairness and respect within physical education can be demonstrated and developed as follows, by:

Fairness

- Taking turns
- Sharing equipment and apparatus
- Following rules and making up rules for games
- Recognising and accommodating the different abilities of their peers
- Sharing ideas and knowledge
- Accepting anyone can take part regardless of their race, religion, gender or sex.

Respect

- Caring for equipment and apparatus
- Keeping themselves and others safe i.e. when travelling in a space, moving equipment
- Celebrating others' successes, including of opponents
- Listening to teachers' instructions
- Listening and responding to others' ideas
- Understanding everyone has a right to take part regardless of ability
- Recognising others' contributions.

Fitness – This comprises five components (cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition).

Flexibility – Flexibility, mobility and suppleness all refer to the range of limb movement around joints.

Strength – The ability of a muscle or muscle group to overcome a resistance.

Sustained – To keep up or keep going; as an action or process; in the physical education context to keep up/maintain the behaviour of physical activity.

Tactic – The particular method used or selected to achieve something.

Technique – A technique is the way of performing a skill.

Strategy – The intended or chosen plan to achieve a particular purpose; for example, in the physical education context, the plan to overcome an opponent in a game.