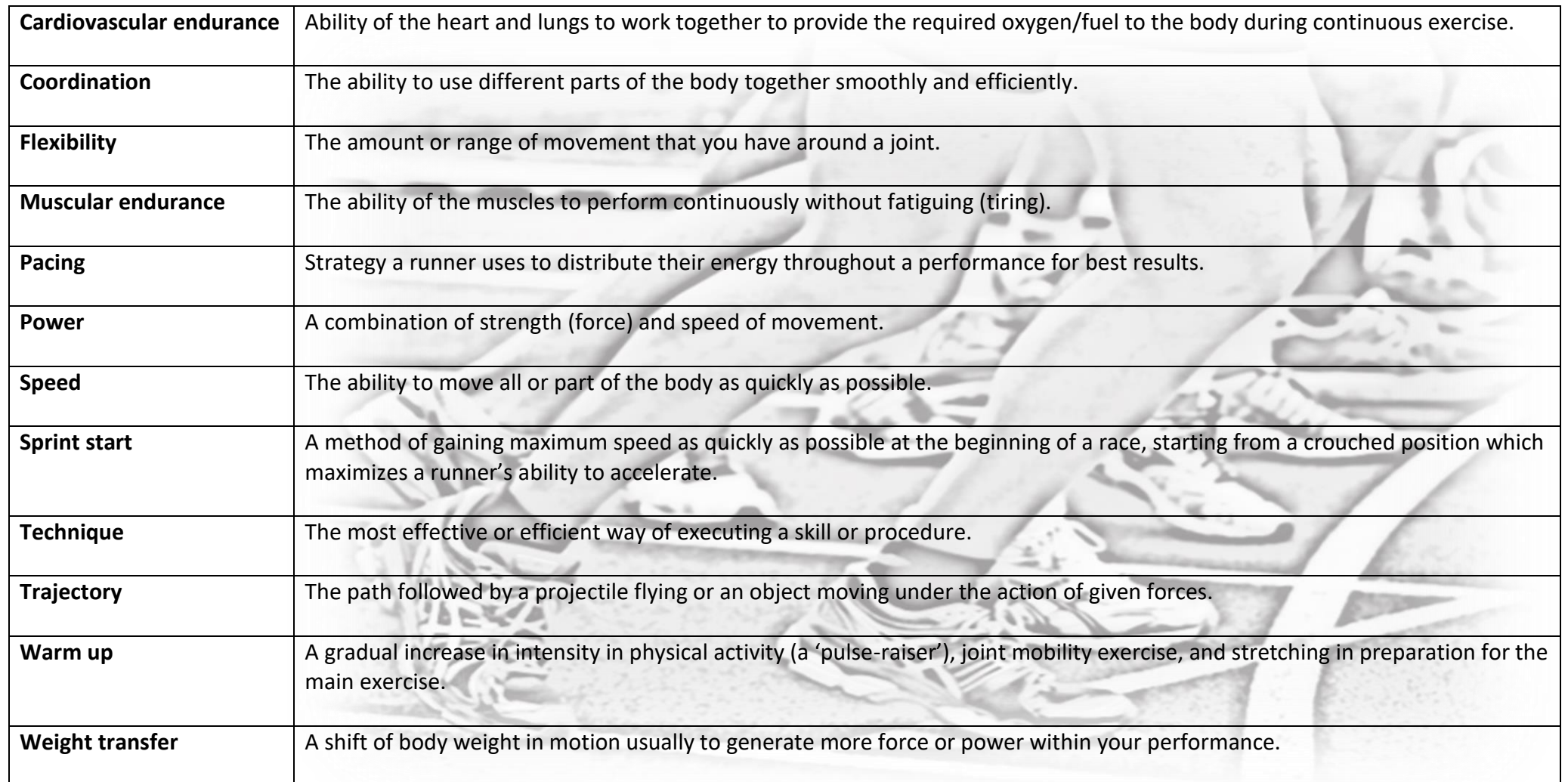


## PHYSICAL EDUCATION

### KEY WORDS: ATHLETICS



<b>Cardiovascular endurance</b>	Ability of the heart and lungs to work together to provide the required oxygen/fuel to the body during continuous exercise.
<b>Coordination</b>	The ability to use different parts of the body together smoothly and efficiently.
<b>Flexibility</b>	The amount or range of movement that you have around a joint.
<b>Muscular endurance</b>	The ability of the muscles to perform continuously without fatiguing (tiring).
<b>Pacing</b>	Strategy a runner uses to distribute their energy throughout a performance for best results.
<b>Power</b>	A combination of strength (force) and speed of movement.
<b>Speed</b>	The ability to move all or part of the body as quickly as possible.
<b>Sprint start</b>	A method of gaining maximum speed as quickly as possible at the beginning of a race, starting from a crouched position which maximizes a runner's ability to accelerate.
<b>Technique</b>	The most effective or efficient way of executing a skill or procedure.
<b>Trajectory</b>	The path followed by a projectile flying or an object moving under the action of given forces.
<b>Warm up</b>	A gradual increase in intensity in physical activity (a 'pulse-raiser'), joint mobility exercise, and stretching in preparation for the main exercise.
<b>Weight transfer</b>	A shift of body weight in motion usually to generate more force or power within your performance.

## PHYSICAL EDUCATION

### KEY WORDS: BADMINTON

<b>Back hand</b>	A backhand shot is made when the palm is facing downwards.
<b>Clear</b>	A high shot played to the back of your opponent's court.
<b>Drive</b>	A shot that passes the net flatly in a horizontal trajectory.
<b>Drop shot</b>	A deceptive shot where by the player appears to be making a clear or smash and then strokes the shuttle softly in order to play it to the front of the opponent's court.
<b>Forehand</b>	A forehand shot is made when the palm is facing upwards.
<b>Net shot</b>	A shot performed from the net with the intention of playing it as close as possible to the net on the opponent's side.
<b>Power</b>	A combination of strength (force) and speed of movement.
<b>Serving</b>	The serve begins the rally/point. The shuttle is held and then must be hit below the waist in an upward direction over the net into the opposing service box.
<b>Smash</b>	An attacking shot that is hit downwards steeply with speed towards your opponent or the court.
<b>Speed</b>	The ability to move all or part of the body as quickly as possible.
<b>Tactics</b>	Skills that allow a player to effectively perform to the best advantage, or, plans used for a specific purpose during a game.
<b>Technique</b>	The most effective or efficient way of executing a skill or procedure.

PHYSICAL EDUCATION

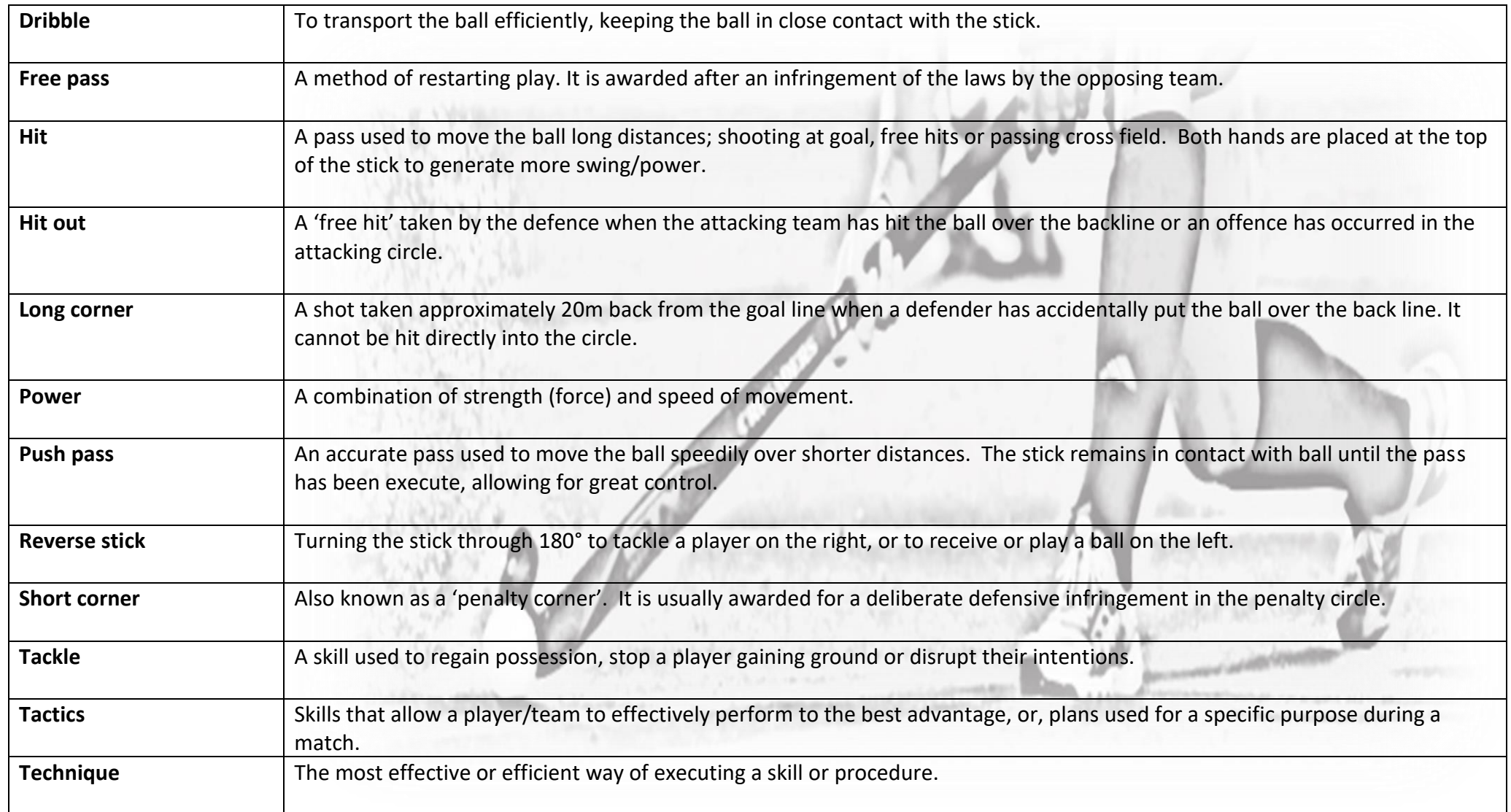
KEY WORDS: FOOTBALL

<b>Challenge</b>	Another term used for 'tackle'.
<b>Corner</b>	A kick taken from the corner of the field of play nearest to where the ball went out, having been touched last by a member of the defending team.
<b>Flexibility</b>	The amount or range of movement that you have around a joint.
<b>Formation</b>	How players generally position themselves on the pitch.
<b>Free kick</b>	A method of restarting play. It is awarded after an infringement of the laws by the opposing team.
<b>Penalty kick</b>	Awarded when there is a direct free kick offence in the penalty area. A player will take a single shot at goal while it is defended only by the opposing team's goalkeeper.
<b>Power</b>	A combination of strength (force) and speed of movement.
<b>Speed</b>	The ability to move all or part of the body as quickly as possible.
<b>Tackle</b>	A skill used to regain possession, stop a player gaining ground or disrupt their intentions.
<b>Tactics</b>	Skills that allow a player/team to effectively perform to the best advantage, or, plans used for a specific purpose during a match.
<b>Technique</b>	The most effective or efficient way of executing a skill or procedure.
<b>Warm up</b>	A gradual increase in intensity in physical activity (a "pulse raiser"), joint mobility exercise, and stretching in preparation for the main exercise.



## PHYSICAL EDUCATION

### KEY WORDS: HOCKEY



<b>Dribble</b>	To transport the ball efficiently, keeping the ball in close contact with the stick.
<b>Free pass</b>	A method of restarting play. It is awarded after an infringement of the laws by the opposing team.
<b>Hit</b>	A pass used to move the ball long distances; shooting at goal, free hits or passing cross field. Both hands are placed at the top of the stick to generate more swing/power.
<b>Hit out</b>	A 'free hit' taken by the defence when the attacking team has hit the ball over the backline or an offence has occurred in the attacking circle.
<b>Long corner</b>	A shot taken approximately 20m back from the goal line when a defender has accidentally put the ball over the back line. It cannot be hit directly into the circle.
<b>Power</b>	A combination of strength (force) and speed of movement.
<b>Push pass</b>	An accurate pass used to move the ball speedily over shorter distances. The stick remains in contact with ball until the pass has been execute, allowing for great control.
<b>Reverse stick</b>	Turning the stick through 180° to tackle a player on the right, or to receive or play a ball on the left.
<b>Short corner</b>	Also known as a 'penalty corner'. It is usually awarded for a deliberate defensive infringement in the penalty circle.
<b>Tackle</b>	A skill used to regain possession, stop a player gaining ground or disrupt their intentions.
<b>Tactics</b>	Skills that allow a player/team to effectively perform to the best advantage, or, plans used for a specific purpose during a match.
<b>Technique</b>	The most effective or efficient way of executing a skill or procedure.

## PHYSICAL EDUCATION

### KEY WORDS: NETBALL

<b>Dodging</b>	Movement in order to change direction quickly in order to create space from your defender or more opportunity for your team.
<b>Footwork rule</b>	Once in possession of the ball, a player must not move their landing foot to a different place on the ground.
<b>Free pass</b>	A method of restarting play. It is awarded after an infringement of the laws by the opposing team.
<b>Held ball</b>	A player is allowed to have possession of the ball for up to 3 seconds. Once held for 3 seconds it is known as 'held ball' and therefore the opposing team will be awarded a 'free pass'.
<b>Interception</b>	When a player gains possession of the ball during a pass by the opposition.
<b>Marking</b>	Used by both teams to prevent the opposing team from gaining possession of the ball by closely monitoring each player.
<b>Obstruction</b>	A player must defend from at least 3ft (0.9m) away from the player with the ball. If the defender is marking closer than 3ft then it is deemed 'obstruction' and a penalty pass is awarded.
<b>Overhead pass</b>	A two-handed pass taken from above the head. Effective in delivering the ball over the opponent's head to a team mate.
<b>Penalty pass</b>	Awarded for contact, intimidation and obstruction infringements. Any player allowing in the area can take the pass whilst the penalised player must stand 'out of play'.
<b>Replayed ball</b>	When a player catches the ball with both hands, drops it and picks it up again.
<b>Shoulder pass</b>	A pass that initiates around the shoulder. It is used for long powerful throws.
<b>Tactics</b>	Skills that allow a player/team to effectively perform to the best advantage, or, plans used for a specific purpose in a match.

## PHYSICAL EDUCATION

### KEY WORDS: ROUNDERS

<b>Backward hit</b>	When the batter hits the ball backwards. The batter runs to 'first base' and waits until the ball is back in play. The batter then has the opportunity to run on and score.
<b>Bowling</b>	An underarm throwing action towards the batter.
<b>Challenge</b>	A test of your ability or resources in a demanding situation.
<b>Donkey drop</b>	A deceptive bowling action, where by the bowling lifts the ball upwards tricking the batter into believing it may be a 'no ball'. The ball then falls to the correct height as it enters the batting box.
<b>Fielding</b>	Refers to the team not 'batting'. They bowl to the batters and attempt to get the players out by 'fielding' the ball effectively.
<b>Long barrier</b>	A fielding technique which cover a relatively large area in order to prevent the ball from passing
<b>Magic triangle</b>	A term used when the ball is bowled, the backstop catches directly or retrieves the ball quickly, then throws the ball to 'first base' in order to stump out the base and get the batter out. (Bowler – backstop – first base)
<b>Obstruction</b>	A fielding blocking a batter's hit or run against the rules of play.
<b>Short barrier</b>	A fielding technique which covers a small area in order to prevent the ball from passing
<b>Speed</b>	The ability to move all or part of the body as quickly as possible.
<b>Tactics</b>	Skills that allow a player/team to effectively perform to the best advantage, or, plans used for a specific purpose during a game.
<b>Technique</b>	The most effective or efficient way of executing a skill or procedure.

## PHYSICAL EDUCATION

### SWIMMING

<b>Back stroke</b>	Performed on the back with the arms lifted alternatively out of the water in a circular motion, while the legs remain extended and kicking.
<b>Bilateral breathing</b>	Used in the front crawl and involves breathing on both sides to help create smooth even strokes.
<b>Breaststroke</b>	The arms are pushed forward and swept back in a circular motion, while the legs are tucked towards the body then kicked out in a corresponding movement.
<b>Butterfly</b>	Both arms are raised out of the water and lifted forward together in a circular motion, while the legs perform the dolphin kick.
<b>Catch up</b>	A drill for front crawl where one hand stays a full stretch ahead until the other meets it, then the arms switch roles.
<b>Endurance swimming</b>	Swimming continuously for a longer period of time to try and improve your stamina.
<b>Front crawl (freestyle)</b>	Alternating and extending the arms forward continuously while simultaneously kicking the legs.
<b>Glide</b>	Means coasting along with a pause in your stroke.
<b>Streamlined</b>	The alignment of your body that minimizes drag in the water and promotes a faster forward action.
<b>Team Medley</b>	An event comprising of all four strokes; backstroke, breaststroke, butterfly and front crawl (freestyle)
<b>Technique</b>	The most effective or efficient way of executing a skill or procedure.
<b>Touch turn</b>	A two-handed touch that is required for finishes and turns in breaststroke and butterfly.
<b>Tumble turn</b>	An underwater somersault used in backstroke and freestyle that allows swimmers to push off the wall for their next length.

## PHYSICAL EDUCATION

### KEY WORDS: TRAMPOLINING

<b>Back landing</b>	A move starting on the feet and rotating backwards a quarter of a somersault and landing on the back
<b>Cradle</b>	A move starting on the back, followed by a half front somersault with a half twist back onto the back.
<b>Front landing</b>	A move starting on the feet and moving forwards a quarter of a somersault and landing on your front.
<b>Half turntable</b>	A move starting on the stomach, 180° of a side somersault then landing again on the stomach.
<b>Pike</b>	A position where the body is bent forward at the hips at 90° or more while the legs are kept straight, with the thighs close to the upper body.
<b>Roller</b>	A move starting on the seat, full twist then back to seat.
<b>Routine</b>	A combination of movements or manoeuvres displaying a specific range of skills.
<b>Somersault</b>	An acrobatic movement where the body makes a complete revolution, heels overhead.
<b>Straddle</b>	A position where the legs are split at least shoulder width apart and the legs are kept straight whilst the upper body is aligned forward at the hips at an angle greater than 45°.
<b>Swivel hips</b>	A move starting on the seat, a half twist in an upright position then landing again on your seat.
<b>Turntable</b>	A move starting on the stomach, a complete side somersault, landing again on the stomach.
<b>Twist</b>	Rotation around the body's longitudinal axis, which is roughly defined as the spine.