

## Word bank for PE

### KS3

Warm up	Team work	Heart
Cool down	Communication	Lungs
Run	Determination	Oxygen
Jump	Sportsmanship	Lactic acid
Throw	Etiquette	Health
Stretch	Fair play	Fitness
Speed	Rules	Effort
Muscles	Tactics	Participation
Body tension	Strategy	catch
Body extension	Technique	Co-ordination
	Skills	Game play

# KS4

Unit	Word
<b>REASONS FOR TAKING PART IN SPORT</b>	Aesthetic
	Body Shape
	Competition
	Physical Challenge
	Stress
<b>HEALTH RELATED FITNESS</b>	Cardio-vascular Endurance
	Muscular Endurance
	Muscular Strength
	Body Composition
	Flexibility
	Health Related Fitness
	Exercise
	Fitness
	Health
	Performance
	VO2 max
<b>SKILL RELATED FITNESS</b>	Agility
	Balance
	Coordination
	Power
	Speed
	Reaction Time
	Skill Related Fitness
<b>PRINCIPLES OF TRAINING</b>	Overload
	Periodisation
	Anaerobic Threshold
	SPORT (specificity, Progressive, Overload, Reversibility, Tedium)

<b>METHODS OF TRAINING</b>	Aerobic Activity
	Anaerobic activity
	Fartlek
	Interval Training
	Isometric Contraction
	Isotonic Contraction
	Target (training) Zone
	Lactic Acid
<b>DIET, HEALTH AND HYGIENE</b>	Carbohydrate Loading
	Somatotype
	Hygiene
	Obese
	Overfat
	Overweight
<b>PREVENTION AND TREATMENT OF INJURIES</b>	Etiquette
	Hypothermia
	Heatstroke
	Over training
	Sprain
	Strain
	Heat Exhaustion
<b>CIRCULATORY SYSTEM</b>	Blood Pressure
	Cardiac Output
	Stroke Volume
	Heart Beat
	Heart Rate / Pulse Rate
<b>RESPIRATORY SYSTEM</b>	Aerobic activity
	Anaerobic activity
	Expiration
	Inspiration
	Oxygen debt
	Tidal Volume
	Vital Capacity
	Oxygen deficit

<b>MUSCULAR SYSTEM</b>	Atrophy
	Core Stability
	Hypertrophy
	Insertion
	Muscle Tone
	Origin
	Posture
<b>SKELETAL SYSTEM</b>	Ossification
	Cartilage
	Epiphysis
	Periosteum
	Adduction
	Abduction
	Extension
	Flexion
	Cancellous Bone
	Joint
	Tendon
	Synovial Joint