

# PE Glossary

## A-C



**abdominals** - muscles in the stomach

**accelerate** - speed up

**action : dance** - the movement a performer uses e.g. travel, jump, kick

**action and reaction** - one movement has an effect on another movement e.g. push/pull, up/down, forward/backward

**action: gym** - the skill a performer uses in their sequence e.g. travel, jump, shape, balance, roll

**aesthetic** - how a performance or skill looks

**agility** - the ability to change direction quickly

**asymmetrical** - not equal on both sides

**attack** - the offensive action of trying to score goals or points

**attacker** - the name of a player or team when in possession

**backhand** - played on the non-dominant side of the body

**backing up** - to move position to support

**backstop** - the player on the fielding side who stands behind the live batter

**backstroke** - a swimming style performed on the back

**balance** - the ability to maintain stability when stationary (static balance) or when moving (dynamic balance)

**ball carrier** - person in possession

**ball side** - the space between the ball carrier and the person you are marking

**barrier** - an obstacle that prevents movement or access

**baseline** - the back line of the court area

**batter** - a player on the batting team

**beat** - basic unit of time

**block** - to prevent a movement or pathway of an object

**body tension** - squeezing muscles to help to be stable when performing actions

**bowl** - when a player throws an object to a target player

**bowler** - the player who starts the game by bowling to the batter

**breaststroke** - a swimming style performed on the front

**bridge** - an inverted action on hands and feet

**buoyancy** - how able an object is to float in water

**calves** - a muscle in the bottom back of leg

**canon** - when performers complete the same action one after the other

**cardinal points** - the four main compass directions: north, south, east, and west

**caught out** - when a player catches an opponent's ball deeming them out

**chip** - a shot used in golf over a short distance

**choreograph** - create a sequence of actions or movements

**close catch** - having both hands relatively close to the body to catch, little fingers together

**close down** - to reduce the amount of space for an opponent

**co-ordination** - moving two or more body parts at the same time

**contrasting** - different to one another

**control** - is what you are looking for when orienteering. They are referenced on a map.

**counter balance** - creating a balance by pushing against a partner

**counter tension** - creating a balance by pulling away from a partner

**counts** - a performer uses counts of 8 to stay in time with the music and / or other performers

**course** - includes a start point, control points, and a finish point when orienteering

**cushion** - take the power out of an object

- decelerate** - slow down
- deep catch** - catch a ball from height, thumbs together in front of head
- defend** - mark a space or player
- defender** - a player that is not in possession
- delay** - to slow an object or player
- deny** - to prevent an action happening
- dictate** - to give order
- dig** - defensive shot used when the ball is low
- dolphin kick** - used for the butterfly stroke, created by a whipping motion with the legs
- doubles** - two people playing together
- draw** - encourage movement of an opponent
- dribble** - to travel with a ball using feet or hands
- drive (golf)** - a shot in golf used to hit over a long distance
- drive (invasion)** - a fast movement that helps to tell the ball carrier that you want the ball
- drive (athletics)** - a forceful and controlled movement to help move you forward
- dynamics** - how an action is performed e.g. quickly, slowly, gently
- endurance** - ability to keep going
- event** - activities that are either running, jumping or throwing
- execution** - completing the action
- expression** - actions or gestures used to share thoughts or feelings
- face** - the strings of the racket
- feeder** - someone who throws or hits the ball to you
- fielder** - a player on the fielding team, especially one other than the bowler or backstop / wicket keeper
- fielding** - actions used to stop the batting team scoring
- finish position** - a position used to show when a sequence or performance has finished
- flexed** - bent
- flexibility** - the ability of muscles and joints to move through a range of motion
- flight** - time in the air
- fling** - technique used to throw a discus
- flow : yoga** - a yoga sequence
- flow: dance, gymnastics** - actions that move from one to another easily
- flutter kick** - a kick used in crawl and backstroke in which the legs are extended straight back and alternately moved up and down
- footwork** - patterns used to move around the court
- forehand** - played on the dominant side
- formation** - where performers are in the space in relation to others
- freeze frame** - when performers create an image without movement
- front crawl** - a stroke used in swimming
- gain** - get possession of the ball
- gallop** - step forward with a lead leg followed by the trail leg stepping just behind, then a little jump the lead leg moves again
- genre** - a style
- glide** - when a swimmer coasts with a pause in their stroke or after pushing off from the side
- grip** - the way an object is held
- groundstroke - a stroke in tennis, played after the ball has bounced
- H.E.L.P position** - Heat Escape Lessening Posture: a position for floating in cold water when wearing a life jacket and awaiting rescue
- hit out** - when a player in dodgeball is hit below the shoulders by a live ball
- hop** - take off on one foot and land on the same foot
- huddle** - a position for two or more people floating in cold water wearing life jackets and awaiting rescue
- intercept** - to gain possession of the ball
- invasion** - a game of two teams who invade each other's space to score goals
- inverted** - where hips go above head

**jump** - take off and land with two feet

**level** - high, medium and low

**long barrier** - a fielding action used to stop a ball coming at speed

**mark** - to stay with another player when defending

**matching** - to perform the same action as someone else

**mindfulness** - to bring attention to experiences occurring in the present moment

**mirroring** - reflecting the movements of another person as if they are a reflection

**momentum** - the direction created by weight and power

**motif** - a movement phrase that relates to the stimulus that is repeated and developed throughout the dance

**muscles** - tissue that helps us to move our bodies

**navigation** - plan and / or follow a route

**no ball** - a bowled ball deemed to be outside of the rules

**non-dominant** - weaker hand

**obstruct** - to be in the way of

**officiate** - to be in charge of the rules

**offside** - in tag rugby when a tag is made, all defending players must get into an onside position.

**onside** - in tag rugby when the defender is in front of the ball carrier

**orientate** - to turn a map so that it always faces the same way as the ground it represents

**overarm** - a throw used for distance with hand travelling over shoulder height

**overhead** - a shot played that is above head height in badminton

**pace** - how fast you are running

**par** - the number of strokes expected for a particular hole or course

**patch** - a large body part

**pathway** - designs traced in space (on the floor or in the air)

**pattern** - sequence of movements

**personal best** - a target outcome of an individual

**phase** - a section of an action

**phrase** - a short sequence of linked movements

**pike** - a seated gymnastic shape with legs together

**pivot** - in netball, turning on your landing foot to face a new direction

**point** - a small body part

**pose** - a position, usually still

**possession** - to have

**power** - speed and strength combined

**progression** - a stage of a skill

**propel** - to move forward

**pull** - the action done by the arms to move through the water

**putt** - a short shot played in golf when the ball is on the green (near the hole)

**quadriceps** - the muscles in the thighs

**rally** - when a point is played back and forth

**readjust** - move feet to get in a better position

**ready position** - the stance a player takes to get ready to move, feet shoulder width apart, knees bent.

**rebound** - when a player attempts to shoot a goal but the ball hits the goalpost and bounces back into play

**referee** - the person who makes sure the rules are followed

**relationship** - the ways in which dancers interact; the connections between dancers

**return** - hitting the ball back

**rhythm** - a strong, regular repeated pattern of movement

**rock** - a rhythmic motion

**rotation** - the circular movement of an object around a central point

**run out** - when a fielder hits a wicket before the batter is there

- salutation** - a sequence of actions that create a specific flow
- sculling** - quick movements of the hands to keep the head above the water
- sequence** - a series of actions
- serve** - used to start a game in net and wall games
- set** - used to place the ball high in volleyball
- shape** - position made by the body e.g. tuck, pike, straddle, dish, arch, star
- short barrier** - creating a barrier with hands in front of feet to stop a ball travelling at slow speed
- shot** - a round heavy object that is thrown in athletics
- sidestroke** - a stroke where the swimmer lies on their side, helpful as a lifesaving stroke as it uses less energy
- skip** - hop, step, hop, step
- somersault** - to rotate 360° around a horizontal point
- space** - in dance, the 'where' of movement such as levels, directions, pathways
- sportsmanship** - play fairly, respect others and be gracious in victory and defeat
- stamina** - the ability to move for sustained periods of time
- stance** - the body position taken
- star** - a body position created with wide arms and legs
- start position** - a still position used to show the start of a sequence
- static** - on the spot
- straddle** - a seated gymnastic shape with legs apart
- strategy** - a plan of action to complete a set task or challenge
- streamline** - the position you get your body in to flow through the water easily
- stroke** - the style of swimming, there are four competitive strokes: butterfly, backstroke, breaststroke, freestyle
- structure** - the way in which a dance is ordered or organised
- stump** - to make contact with a base and the ball
- style** - the type of dance
- surface dive** - to go beneath the water
- symbol** - a sign, shape or object representative of different features on a map e.g. a triangle for a mountain
- symmetrical** - two parts that match exactly
- synchronisation** - moving at the same time
- tackle** - to stop an opposing player with the ball
- tactic** - a plan that helps you to attack or defend
- tag** - in tag rugby when a player pulls the tag of the opposition
- take off** - the moment a person begins jumping
- timing** - moving to the beat of the music
- track** - to move your body to get in line with a ball that is coming towards you
- track (athletics)** - a marked oval path, where various running, hurdling, and relay events take place
- trajectory** - the path the object takes in the air
- transition** - moving from one action or position to another
- transition (games)** - moving from attack to defence or defence to attack
- travel** - a method of moving around space e.g. jog, slide, skip, crawl etc
- treading water** - a survival technique used to keep the head above the water
- tuck** - a seated gymnastic shape with knees together and bent
- turnover** - when a team not in possession of the ball gains possession
- umpire** - a person who makes sure the rules are followed
- underarm** - a throw used for a short distance with hand travelling under shoulder height
- unison** - two or more people performing the same movement at the same time
- vault** - performing an action over a piece of apparatus
- volley** - to play the ball before it bounces in tennis
- wicket** - the three upright sticks and base
- wrist grip** - a safe grip used when performing partner or group balances