



Subject Specialist Vocabulary- PE



Aerobic

Using oxygen; needing oxygen to be present; relating to exercise that improves the body's cardiovascular system in absorbing and transporting oxygen.

Prefix: **aer** - air; **bio** - life

Suffix: **ic** - to do with, like

Anaerobic

Not needing oxygen; used in exercise designed to improve strength and muscular endurance.

Prefix: **an** - not; **aero** - air

Suffix: **bio** - life; **ic** - to do with

Attack

To move forward and try to score goals or win points.

Defence

The means or tactics used in trying to stop the opposition from scoring.

Possession

When a person or team has control of the ball in some sports.

Outwitting

Gain an advantage over an opponent by being more intelligent or skilful than they are.

Accuracy

The state of being exact; how close to being exact something is.

Suffix: **cy** - condition, quality, state

Coordination

The ability to use different parts of the body together.

Prefix: **co** - together, with

Suffix: **tion** - act, process or result

Root Word: order

Balance

An even distribution of weight, allowing someone to remain steady.

Flexibility

The ability to bend or stretch.

Suffix: **ibility** - state of being able to

Root Word: flex - bend



Challenge Vocabulary-PE



Interception

An act of catching a pass made by an opposing player.

Sportsmanship

The quality of behaving fairly in a competition; the skill of playing a particular sport.

Suffix: ship - condition, status, job, skill

Root Word: sports

Agility

The ability to move quickly and easily.

Suffix: ity - state, condition, quality

Root Word: agile

Cardio-vascular

The ability to exercise the entire body for long periods of time.

Suffix: ar - to do with

Root Word: cardio - heart; vas - tube, vessel

Aesthetically

In a way that considers taste, style or beauty.

Suffix: ic - to do with, like; ly - in this way

Root Word: aesthetic

Trajectory

The path followed by a projectile flying or an object moving under the action of given forces.

Plyometrics

Training involving rapid repetitions of stretching and contracting muscles to increase strength.

Suffix: metre - measure; ics - study of, science of

Cognitive

Skills that involve the intellectual ability of the performer to make correct and effective decisions.

Metabolism

The chemical processes in the body which sustain life, e.g. breaking down nutrients for energy.

Root Word: metabol - changing

Officiating

Acting as an official responsible for a sporting event.

Suffix: ate - to make into, become

Root Word: office