

**St Joseph's Catholic Primary School**

**PE Vocabulary 2022-2023**

**Invasion Games**

Kick	Team	Penetrate
Pass	Communication	Space
Dribble	Sportsmanship	Possession
Attack	Win	Speed
Defend	Opponent	Agility
Tackle		Peripheral vision
Block		Speed
Score		Movement
Catch		Timing
Intercept		Marking
Turn ones		Balance
Position		Tactics
		Awareness
		Anticipate
		Reaction
		Rebound
		Screen
		Coordination
		Position
		Space

**Net and Wall**

Tram lines	Forehand	Singles
Racket	Serve	Doubles
Shuttlecock	Lob	Posture
Ball	Rally	Position
Space	Backhand	Scoring (points)
	Volley	Foul/fault
	Hit	Deuce
	Power	Advantage
	Top spin	Love
	Drop shot	Aim
	Smash	Pairs
	Return	Opponents
	Head and rim	Reaction time
	Stand	Grip
	Chassis	Footwork
	Slice	

### Dance

Motion	Music	Motif
Body shape	Contemporary	

Coordination	Space	Awareness of others
Sequence	Timing	Travelling
Rhythm	Styles/genre	Pathways
Posture	Pace/tempo	Transition
Fluency	Start/finish – point, position	Levels/height
Pattern	Creativity	Movement
Synchronisation	Character/role	Actions – big
Balance	Routine	
	Mirroring	
	Cannon	

### **Games – General term**

Compete	Speed	Accuracy
Play	Active	Tactics
Defend	Wait/timing	Skills
Attack	Teamwork	Enjoyment

Space	Receive	Inclusion
Move	Retrieve	Sportsmanship
Pass-type of-weight of pass	Possession	Agility
Tackle	Fairness	Respect
Trap	Balance	Honesty
Collaboration	Personal best	Self-belief
Team work	Fun	Determination
		Position
		Participation
		Coordination

### **Striking and Fielding**

Hit	Drive	Throw
Gather	Sweep	Batsman
Glance	Bowler	Deep
Underarm	No ball	Strike
Overarm	Direction	Out
Catch	Rounder	Stance

Bowl	Runs	Long barrier
Wicket keeper	Over	Back up
Back stop	Target	Bowler
Fielder	Bat	Umpire
Eye contact	Team work	
Wicket	Communication	
Base	Space	
	Rules	
	Tactics	

## Athletics

Track	Team work	Power
Sprint	Field	Stance
Hurdle	Jump	Transfer weight
Relay	Throw	Fitness levels
Pace	Triple	Pulse rate
Battons-passing	Overarm	Movement
Take off	Javelin	Coordination
Posture	Discus	Relay
Accelerate	Shot	Stamina
Distance	Distance	Meters

Lanes	Measure	Travel
Exchange	Lever	Timed
Finishing line/start line	Hop-skip-jump	
anticipate	Heel	
Lanes	Take off	
Standing start	Aim	
Time	Target	
Running	Record	
Measure	Results	
Personal best	Personal best	
Record time-results	Pace	
Pace	Run	
Competition	Standing jump	

### OAA

Map	Communication	Ordinance survey
Guide	Scale	Challenge
Climb	Trust	Plan/design
Orienteer	Symbols	Adventure
Direction-north, south, east, west	Leader	Personal best
Compass	Contours	Bravery
Obstacles	Key	Resilience
Navigate	Orienteer	Confidence
Team work	Landmark	Trust
Problem solve	Points of reference	

Check points	Risk	
Design		
Routes		
Pathways		

### Swimming

Crawl	Entry	Speed
Dive	Exit	Distance
Tread water	Breathing	Length
Front crawl	Rotation	Metres
Back stroke	Coordination	Travel
Butterfly	Timing	Submersion
Breast stroke	Safety (water)	Depth
Scull	Floats	Jump
	Goggles	Pull buoy/paddles (hands)
	Kick board	Bi lateral
	Noodles	Self rescue
		Floating/buoyance
		Leg kick

## Gymnastics

Roll	Fluency	Climb
Balance	Cannon	Hold
Beam/mats	Mirror	Symmetrical/asymmetrical
Travel	Floor	Coordination
Pathway	Vault	Unison
Apparatus	Routine	Evaluate (peer/self)
Bounce	Finishing positions	Present
Full tern	Starting positions	Movement
Spring	Aesthetics	Straddle
Sequence	Strength	Pike
Safety	Flexibility	Tuck
Control	Cart wheel	Jump
Support	Arch/dish/bridge	
Levels	Counter balance	
	Grace	

