



PE Appendix – Glossary of Terms



Term	Explanation
Accuracy	The ability to perform movements and skills with precision.
Agility	The ability to change direction of the body in an efficient and effective manner.
Attack	The action of attacking or engaging an opposing team with the objective of scoring points or goals.
Balance	The ability to maintain equilibrium when stationary or moving (i.e. not to fall over) through the coordinated actions of our sensory functions (eyes, ears and the proprioceptive organs in our joints).
Control	To exercise restraint or direction over; dominate; command. Pupils from a young age should be encouraged to focus on controlling their movements.
Cool down	Aims to slowly decrease breathing, heart rate and muscle temperature.
Co-operate	To work together to reach a common goal/target.
Co-ordination	The ability to use one's senses together with one's body parts, or to use two or more body parts together.
Defend	The action of preventing an opponent from scoring.
Direction	The route where something or someone moves.
Dodge	To make a sudden movement in a new direction.
Endurance	The ability to sustain an activity for extended periods of time.
Evaluate	To judge the quality of something and offer strengths and improvements.
Fair play	Respect for the rules and those who are playing with equal treatment of all.
Flexibility	Flexibility, mobility and suppleness all refer to the range of limb movement around joints.
Indicate	To point or show a route or course of action.
Intercept	To interrupt an action or movement before it is able to be completed.

Mark	To prevent a player from the opposite team from scoring, moving or passing without physical contact.
Movement	The components of movement are effort, time, space and relationships. Quality movement is movement that shows control/accuracy/precision.
Organisation	To plan and communicate with teammates to reach a desired goal/target.
Pathway	The route in which you can travel.
Patterns	A repeated sequence of movements.
Quality	To produce movements or activities/perform to a high standard.
Safety	To use equipment and bodies appropriately to avoid injury to self or others.
Spatial awareness	The ability to be aware of where your body is during physical activities and where and when to move it.
Speed	The ability to move quickly across the ground or move limbs rapidly through movements.
Sportsmanship	Ethical, appropriate, polite and fair behaviour while participating in a game or athletic event; fair play.
Sprint	To run at full speed over a short distance.
Stamina	The ability to sustain prolonged physical effort.
Strategy	The intended or chosen plan to achieve a particular purpose.
Tactics	The particular method used or selected to achieve something.
Technique	The way of performing a skill depending on the personal preference (confidence) and effectiveness within the situation (most success rate in specific situation and specific time).
Warm up	Aims to increase breathing heart rate and muscle temperature.