



KS1 PE Vocabulary and Meaning / Definition

- ❖ **Acceleration** - Acceleration is how quickly an athlete can increase their speed over a distance when running.
- ❖ **Accuracy** - Accuracy is the ability to control where we roll, bounce, push, throw, hit or send a ball or object.
- ❖ **Agility** - Agility is the body's ability to move quickly and easily in different directions.
- ❖ **Aiming** - Aiming is the ability to use our bodies to direct an object towards a target.
- ❖ **Attacker** - We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. Our aim is to keep the ball away from the defenders.
- ❖ **Balance** - Balance is the even distribution of weight enabling someone or something to remain upright and steady.
- ❖ **Batter** - Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many points / rounders / runs as possible.
- ❖ **Beat** - The beat is the basic unit of time used to count the notes of the music or sound that a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3, 4).
- ❖ **Big** - Big means moving or balancing in ways where the body is extended as large as possible.
- ❖ **Catching** - Catching means holding the with our hands that is hit or thrown to us usually before it touches the ground.
- ❖ **Champion Dancers** - Champion dancers can move with control, respond to the rhythm and move in relation to the music.
- ❖ **Champion Gymnastics** - 'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.

- ❖ **Chest Pass** A Chest Pass is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When using a chest pass, the passer should direct the ball towards the receiver's hands at chest level.
- ❖ **Choreography** - Choreography is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to perform.
- ❖ **Communication** - Communication is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.
- ❖ **Control** - Control means keeping the ball close to us, preventing the defenders from gaining possession.
- ❖ **Control (Dance)** - Control means moving our bodies in time with the music, beat or sound.
- ❖ **Cooperation** - Cooperation is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible.
- ❖ **Coordination** - Coordination is the ability to use different parts of the body together efficiently.
- ❖ **Courage** - Courage means being brave enough to try something even when we find it scary or difficult.
- ❖ **Defender** - We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.
- ❖ **Distance** - Distance is defined as the length of space between two points. This might mean how far an athlete has jumped.
- ❖ **Dodge** - Dodge is a method of moving quickly by an attacker, from one side to the other to avoid being tagged by a defender.
- ❖ **Dribbling (Feet)** - Dribbling is a method of moving with the ball. The attacker in possession of the ball continuously kicks the ball, keeping it close to them in order to move around the pitch.

- ❖ **Dribbling (Hands)** - Dribbling is a method of moving with the ball. The attacker in possession of the ball continuously bounces the ball on the floor in order to move around the court.
- ❖ **Emotion** - Emotion refers to the feelings a dance character is feeling depending on their circumstances, mood, or relationship with others
- ❖ **Expression** - Expression refers to the actions a dancer uses to make their characters thoughts or feelings known.
- ❖ **Fairness** - Fairness is when we make judgements in accordance with the rules and treat everyone equally and fairly.
- ❖ **Fielder** - A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring.
- ❖ **Flow (Dance)** - Flow is when a dancer moves from one action to another smoothly and without stopping.
- ❖ **Flow (Gymnastics)** - Flow is when a gymnast moves from one action to another without stopping. Hand-eye coordination Hand-eye coordination is the ability to use our hands and eyes at the same time to perform and accomplish a given task, such as catching a ball.
- ❖ **Hitting** - Hitting means striking the ball with a racket towards a target or into space.
- ❖ **Inclusion** - Inclusion means to include everyone in the activity or within a team no matter their ability. No one should be left out.
- ❖ **Interesting** - Interesting means pupils are thinking and being creative.
- ❖ **Jump** - Jump is a method of moving where a gymnast pushes themselves off of a surface and into the air creating a moment of flight.
- ❖ **Jumping** - Jumping is a form of moving where we use our body to propel ourselves off a surface and into the air.
- ❖ **Landing** - Landing is how we use our bodies to land after we have left a surface and jumped into the air. When landing we should land on two feet, bending our knees to absorb the impact.

- ❖ **Linking** - Linking means successfully adding two movements together so that they flow one after the other.
- ❖ **Motif** - Motif is a series of movements that are repeated.
- ❖ **Motivation** - Motivation is described as the positive actions and behaviours an individual uses to help drive themselves, their partner or their team towards a goal.
- ❖ **Moving** - Moving means using a variety of body parts to move around the space in a creative way.
- ❖ **Narrow** - Narrow means moving or balancing in ways where the body stretches (arms and legs) vertically away from the centre of the body. For example, a pencil jump is a narrow way of moving.
- ❖ **Opponent** - Opponent means a player on the other team. If we are an attacker dribbling, we need to keep the ball away from the defender who is our opponent.
- ❖ **Opposite** - Opposite refers to when something is totally different from or the reverse of something else. For example, the opposite to slow is fast.
- ❖ **Passing** - Passing is a method of sending (kicking) the ball to our partner or another member of our team in order to keep possession of the ball.
- ❖ **Possession** - Possession is when we have physical control of the ball. This could be as an individual or when working as part of a team. It is when we have 'possession' that we can create the opportunity to score.
- ❖ **Power** - Power is the intensity and speed that a ball is rolled, bounced, pushed, thrown, hit or sent.
- ❖ **Rhythm** - Rhythm is a repeated pattern of movements or sounds.
- ❖ **Rolling** - Rolling is a method of sending the ball along the floor. A ball can be rolled using our hands towards a target or our partner.
- ❖ **Rules** - Rules are a set of regulations or principles that govern a particular activity that ensures that the activity is played fairly and safely.
- ❖ **Sequence (Dance)** - Sequence is a combination of controlled movements that have been added together in a particular order.

- ❖ **Sequence (Gymnastics)** - Sequence is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.
- ❖ **Skipping** - Skipping is a combination of a long step and a hop, stepping from one foot to the other with a hop or bounce.
- ❖ **Roll** - Roll is a method of moving where a gymnast completes rotation of their body on the ground.
- ❖ **Small** - Small means moving or balancing in ways where the body is made as small as possible.
- ❖ **Space** - Space is an open area on the pitch/court that is unoccupied by a defender or the defending team. The attacker in possession of the ball needs to identify open spaces to move into to keep the ball away from the defenders.
- ❖ **Speed** - Speed is the ability to move all or part of the body as quickly as possible. Speed is a vital component to being successful when running.
- ❖ **Stimulus** - Stimulus is something that provokes or causes an action or response.
- ❖ **Strategy** - Strategy is a planned set of actions that are used by a team or individual to achieve a long term goal. We plan a strategy and then use specific tactics to help us achieve our goal.
- ❖ **Tactics** - Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.
- ❖ **Team** - Team means a group of players from one side who come together to try and achieve a common goal.
- ❖ **Team Member** - A team member is an individual within a team who has a specific role and responsibility to perform. Team members need to cooperate and work together to enable their team achieve its goal.
- ❖ **Teamwork** - Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.
- ❖ **Tempo** - Tempo refers to the speed or pace (fast or slow) that a dancer performers their movements.

- ❖ **Throwing** - Throwing means using your arm/hand to propel a ball with force through the air to a specific target or area.
- ❖ **Timing** - Timing in dance, timing refers to moving to the beat of the music.
- ❖ **Transition (Games)** -Transition is defined as the process of recognising and responding after losing or regaining possession. Transition The term transition means to move into and out of basic movements, actions or balances.
- ❖ **Trust** - Trust is the ability to have the confidence to believe in the actions of your partner or team.
- ❖ **Unison** - Unison is where pupils perform the same movement at exactly the same time as each other.
- ❖ **Warm Up** - Before taking part in a physical activity or a sport we need to prepare our body and mind for that activity. One of the reasons for a 'warm up' is to reduce the risk of injuring a muscle.
- ❖ **Wide** - Wide means moving or balancing in ways where the body is extended (arms and legs) horizontally away from the centre of the body. For example a star jump is a wide movement.
- ❖ **Zig-Zag** - Zig-Zag means a line or course having abrupt alternate right and left turns that a pupil follows as they create movements.