⛹️ KS2 PE Vocabulary List

⚽ General PE Words

Word	Definition
Balance	Keeping your body steady so you don’t fall over.
Coordination	Using different parts of your body together smoothly and efficiently.
Agility	The ability to move quickly and easily.
Strength	How much force your muscles can produce.
Stamina	How long you can keep going before getting tired.
Speed	How fast you can move from one place to another.
Reaction time	How quickly you can respond to something happening.
Flexibility	How easily your joints and muscles can move.
Technique	The correct way to perform a skill or movement.
Tactics	The plan or strategy used to succeed in a game.

🏐 Games Vocabulary

Word	Definition
Attack	Trying to score or move forward in a game.
Defend	Trying to stop the other team from scoring.
Teamwork	Working together with others to achieve a goal.
Possession	Having control of the ball or object in a game.
Pass	Moving the ball to a teammate.
Dribble	Moving while keeping control of the ball.
Shoot	Trying to score a goal or point.
Intercept	Stopping or catching the ball from the other team.
Space	Finding an open area to move into or pass to.
Fair play	Following the rules and showing respect to others.

🤸 Gymnastics Vocabulary

Word	Definition
Balance	Staying steady while holding a position.
Sequence	A set order of movements put together.
Flow	Moving smoothly from one action to the next.
Control	Keeping your movements steady and precise.
Point balance	Balancing on small parts of the body (like hands or feet).
Patch balance	Balancing on larger body parts (like back or stomach).
Rotation	Turning or spinning your body around an axis.
Symmetrical	Movements or shapes that look the same on both sides.
Asymmetrical	Movements or shapes that are different on each side.
Transition	Moving from one position or movement to another.

🏃 Athletics Vocabulary

Word	Definition
Sprint	Running as fast as you can over a short distance.
Pace	The speed at which you move or run.
Throw	Sending an object through the air using your arm.
Jump	Pushing off the ground with your legs to move into the air.
Relay	A team race where runners pass a baton to each other.
Distance	How far you move, throw, or jump.
Target	The place or object you aim for.
Accuracy	How close you are to your target.

🌊 Dance Vocabulary

Word	Definition
Rhythm	The beat or pattern of movement in music.
Expression	Showing feelings or ideas through movement.
Canon	When one person starts a movement and others copy it one after another.
Unison	When everyone moves together at the same time.
Formation	The shape or pattern a group makes when dancing.
Dynamics	How strong, soft, or energetic movements are.
Levels	Using high, medium, and low body positions in dance.
Pathway	The route or direction your movement takes.

🧘 Health and Fitness Vocabulary

Word	Definition
Warm-up	Gentle activity to prepare the body for exercise.
Cool-down	Gentle activity to help the body recover after exercise.
Heart rate	How fast your heart beats.
Muscle	A body part that helps you move.
Joint	Where two bones meet and move.
Exercise	Physical activity that keeps the body healthy.
Hydration	Keeping your body full of water.
Nutrition	Eating the right food to stay healthy.

🧩 Values and Attitudes

Word	Definition
Respect	Showing care and consideration for others.
Determination	Never giving up, even when things are hard.
Courage	Being brave and trying new things.
Honesty	Telling the truth and playing fairly.
Self-belief	Believing you can achieve your goals.
Team spirit	Supporting and encouraging your teammates.