**PE KEY LANGUAGE**

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| **Year 7** | **Year 8** | **Year 9** | **Year 10/11** | **Post-16** |
| Ability  Adaptability  Aerobic  Aerobic training zone  Agility  Anaerobic  Balance  Balanced diet  Calorie  Carbohydrate  Cardiac cycle  Cardio-vascualr endurance  Circuit training  Commercialisation  Coordination  Continuous training  Dehydration  Etiquette  Fartlek training  Fatigue  Fitness  F.I.T.T.  Flexibility  Goal setting (SMART)  Health  Heart rate  Interval training  Maximum heart rate  Mental health and well-being  Physical health and well-being  Social health and well-being  Muscular endurance  Nutrition  Obese  Power  Principles of training  Principles of overload  Principles of specificity  Principles of reversibility  Reaction time  Recovery  Repetitions  Role model  Speed  Sportsmanship  Gamesmanship  Static stretching  Dynamic stretching  Strength  Target zone  Training thresholds  Weight training | Ability  Adaptability  Aerobic  Aerobic training zone  Agility  Anaerobic  Balance  Balanced diet  Calorie  Carbohydrate  Cardiac cycle  Cardio-vascualr endurance  Circuit training  Commercialisation  Coordination  Continuous training  Dehydration  Etiquette  Fartlek training  Fatigue  Fitness  F.I.T.T.  Flexibility  Goal setting (SMART)  Health  Heart rate  Interval training  Maximum heart rate  Mental health and well-being  Physical health and well-being  Social health and well-being  Muscular endurance  Nutrition  Obese  Power  Principles of training  Principles of overload  Principles of specificity  Principles of reversibility  Reaction time  Recovery  Repetitions  Role model  Speed  Sportsmanship  Gamesmanship  Static stretching  Dynamic stretching  Strength  Target zone  Training thresholds  Weight training | Ability  Adaptability  Aerobic  Aerobic training zone  Agility  Anaerobic  Balance  Balanced diet  Calorie  Carbohydrate  Cardiac cycle  Cardio-vascualr endurance  Circuit training  Commercialisation  Coordination  Continuous training  Dehydration  Etiquette  Fartlek training  Fatigue  Fitness  F.I.T.T.  Flexibility  Goal setting (SMART)  Health  Heart rate  Interval training  Maximum heart rate  Mental health and well-being  Physical health and well-being  Social health and well-being  Muscular endurance  Nutrition  Obese  Power  Principles of training  Principles of overload  Principles of specificity  Principles of reversibility  Reaction time  Recovery  Repetitions  Role model  Speed  Sportsmanship  Gamesmanship  Static stretching  Dynamic stretching  Strength  Target zone  Training thresholds  Weight training | Aerobic  Agonist (prime mover)  Anaerobic  Antagonist  Alveoli  Axis  Balanced diet  Cardiac Hypertrophy  Calorie  Carbohydrate  Closed skill  Commercialisation  Energy balance  Hypertophy  Lactic acid  Lever – fulcrum/load  Low / High organisation skill  Macro/Micro nutrient  Mechanical advantage / disadvantage  Mental rehearsal / visualization  Minute volume  Muscle contractions  Performance enhancing drugs  One rep max  Open skill / Closed skill  Optimum weight  Physiology  Sedentary lifestyle  Skeletal system  Skill classification  Sponsorship  Sportsmanship / Gamesmanship / Deviant behaviour  Stroke volume  Synovial joint  Tidal Volume  Vascular shunting  Vasoconstriction  Vasodilation | Adrenaline  Agonist (prime mover)  Antagonist  Alveoli  Articulating bones  Axis  Balanced diet  Calorie  Carbohydrate  Cardiac cycle  Closed skill  Delayed onset of muscle soreness  Somatotype  Ectomorph  Endomorph  Mesomorph  Excess post-exrcise oxygen consumption  Introvert/Extrovert  Feedback  Hypertension  Hypertophy  Muscle contractions  Lever – fulcrum/load  Mental rehearsal/visualization  Performance enhancing drugs  One rep max  Open skill  Closed skill  Physiology  Sedentary lifestyle  Skeletal system  Skill classification  Sponsorship  Sportsmanship  Gamesmanship  Stroke volume  Synovial joint |