**PE KEY LANGUAGE**

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| **Year 7** | **Year 8** | **Year 9** | **Year 10/11** | **Post-16** |
| AbilityAdaptabilityAerobic Aerobic training zoneAgilityAnaerobicBalanceBalanced dietCalorieCarbohydrateCardiac cycleCardio-vascualr enduranceCircuit training CommercialisationCoordinationContinuous training DehydrationEtiquetteFartlek training FatigueFitnessF.I.T.T.FlexibilityGoal setting (SMART)HealthHeart rateInterval training Maximum heart rateMental health and well-beingPhysical health and well-beingSocial health and well-beingMuscular endurance NutritionObesePowerPrinciples of trainingPrinciples of overloadPrinciples of specificityPrinciples of reversibilityReaction timeRecoveryRepetitionsRole modelSpeedSportsmanshipGamesmanshipStatic stretching Dynamic stretchingStrengthTarget zoneTraining thresholdsWeight training  | AbilityAdaptabilityAerobic Aerobic training zoneAgilityAnaerobicBalanceBalanced dietCalorieCarbohydrateCardiac cycleCardio-vascualr enduranceCircuit training CommercialisationCoordinationContinuous training DehydrationEtiquetteFartlek training FatigueFitnessF.I.T.T.FlexibilityGoal setting (SMART)HealthHeart rateInterval training Maximum heart rateMental health and well-beingPhysical health and well-beingSocial health and well-beingMuscular endurance NutritionObesePowerPrinciples of trainingPrinciples of overloadPrinciples of specificityPrinciples of reversibilityReaction timeRecoveryRepetitionsRole modelSpeedSportsmanshipGamesmanshipStatic stretching Dynamic stretchingStrengthTarget zoneTraining thresholdsWeight training  | AbilityAdaptabilityAerobic Aerobic training zoneAgilityAnaerobicBalanceBalanced dietCalorieCarbohydrateCardiac cycleCardio-vascualr enduranceCircuit training CommercialisationCoordinationContinuous training DehydrationEtiquetteFartlek training FatigueFitnessF.I.T.T.FlexibilityGoal setting (SMART)HealthHeart rateInterval training Maximum heart rateMental health and well-beingPhysical health and well-beingSocial health and well-beingMuscular endurance NutritionObesePowerPrinciples of trainingPrinciples of overloadPrinciples of specificityPrinciples of reversibilityReaction timeRecoveryRepetitionsRole modelSpeedSportsmanshipGamesmanshipStatic stretching Dynamic stretchingStrengthTarget zoneTraining thresholdsWeight training  | AerobicAgonist (prime mover)AnaerobicAntagonistAlveoliAxisBalanced dietCardiac HypertrophyCalorieCarbohydrateClosed skillCommercialisationEnergy balanceHypertophyLactic acidLever – fulcrum/loadLow / High organisation skillMacro/Micro nutrientMechanical advantage / disadvantage Mental rehearsal / visualizationMinute volume Muscle contractionsPerformance enhancing drugsOne rep maxOpen skill / Closed skillOptimum weightPhysiologySedentary lifestyle Skeletal systemSkill classification SponsorshipSportsmanship / Gamesmanship / Deviant behaviourStroke volumeSynovial jointTidal VolumeVascular shuntingVasoconstrictionVasodilation | AdrenalineAgonist (prime mover)AntagonistAlveoliArticulating bonesAxisBalanced dietCalorieCarbohydrateCardiac cycleClosed skillDelayed onset of muscle sorenessSomatotypeEctomorphEndomorph Mesomorph Excess post-exrcise oxygen consumptionIntrovert/ExtrovertFeedbackHypertensionHypertophyMuscle contractionsLever – fulcrum/loadMental rehearsal/visualizationPerformance enhancing drugsOne rep maxOpen skill Closed skillPhysiologySedentary lifestyle Skeletal systemSkill classification SponsorshipSportsmanshipGamesmanshipStroke volumeSynovial joint |