

Subject	PE
Unit	KS3 & KS4 Fitness

Key Vocabulary	Definition
Gastrocnemius	Calf muscle
Hamstrings	Muscles at the top back of the leg
Quadriceps	Muscles of the thigh
Biceps	Muscle at the top front of the arm
Triceps	Muscle at the top back of the arm
Deltoids	Muscle that goes over the shoulder joint to the top side of the arm
Latissimus Dorsi	Muscle on your side going to the back
Abdominals	Stomach muscles
Gluteals	Bottom muscles
Endurance	The ability to keep on moving / exercising to sustain an activity
Balance	The ability to remain upright and stable
Speed	How quick or the rate at which something can move
Flexibility	Range of movement / motion around a joint
Strength	The capacity to withstand or create a force
Power	Speed x strength
Agility	Being able to move quickly in and out of position
Co-ordination	Organisation of body elements to work together effectively. E.g. hand eye co-ordination

Reaction Time	Time taken for a person to respond to a given stimulus
Intensity	This is how hard you are working – it can be high intensity -so working at a fast rate or low intensity – working at a slower pace.
Continuous Training	When you keep working for 20 minutes or more at a low speed. Usually done with running, cycling and swimming
Aerobics	Exercise to music – there are lots of types including Step and Zumba
Fartlek Training	Fartlek is Swedish for ‘Speed play’. This is when you are moving continuously but you play about with your speed and the ground you are running on. It is really good for people who play games.
SAQ Training	This stands for Speed, Agility, Quickness. It involves exercises that improve your speed – running fast, your agility – changing direction fast, quickness – moving different parts of your body at speed. It often involves equipment such as ladders, hoops, cones and reaction balls.
Interval Training	This is training where you work for a period of time and then rest for a period of time. How long you work and rest for depends on the intensity of the work period.
Circuit Training	Different exercise stations that you move around spending a varied amount of time at each station. The stations will work different parts of the body e.g. press ups, sit ups, shuttle runs.