

Year 9 Physical Education Vocabulary List

(Tier 2 and Tier 3)



Adaptations – a feature of an organism's body which helps it to survive.

Analyse – Break down information into positives and negatives, and recognise connections between factors

Apply – justify a concept by fully evaluating an example.

Aesthetic - a branch of philosophy which deals with questions of beauty and artistic taste.

Compare - Identify similarities and differences

Complete – Add missing information

Define – state the meaning of something

Demonstrate - Prove something by showing it.

Describe – Given an interpretation of a concept in descriptive words

Discuss – Provide key points from both sides of an argument

Evaluate – Make a judgement/conclusion from given information

Explain – Provide justification for something

Explore - inquire into or discuss (a subject) in detail

FITT - The FITT principle stands for *frequency, intensity, time and type* of exercise. These are four components that we can consider when creating a training programme.

Identify – Use information to select important or correct pieces of factual information

Incorporate - take in or contain (something) as part of a whole.

Justify – Give a reason for something using evidence

Opponent - someone who competes with or opposes another in a contest.

Outline – Provide a brief description of something

Outwitting – Deceive by greater ingenuity.

Perform - carry out, accomplish, or fulfil.

Possession - physical control of the ball or other implement of play by one team, which typically gives that team the opportunity to score.

Replicate – make an exact copy of; reproduce a movement or skill.

SPOR – Principles that should be applied to any fitness program; specificity, progression, overload and reversibility.

State – Provide a factual statement in clear terms

Suggest – Propose an idea/solution

Strategy - The numerous sets of strategies applied in various sports in order to find ways and create advantageous methods for achieving an outcome of success.

Summarise – Provide the main factors or points from a topic

Technique - The single motor procedure for taking and tackling a MOTION or motor task.