KS2 Glossary

Vocabulary and Definitions

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Lower KS2

Vocabulary and Meaning / Definition

½ a Rounder	½ a Rounder is the method of scoring used in rounders. If the batter misses the ball and runs around the outside of the bases and reaches the 4th base before the ball, the batting team scores ½ a rounder.
Acceleration	Acceleration is how quickly an athlete can increase their speed over a distance. For example, this might mean how quickly an athlete ran over 10m starting from a stationary position.
Accuracy	Accuracy is the ability to control where we throw, roll or kick a ball.
Aiming	Aiming is the ability to use our bodies to direct a ball towards a target.
Aiming (Boccia)	Aiming is the ability to use our bodies (or a ramp) to direct a ball towards a target (jack).
Apparatus	The term apparatus refers to a piece of equipment that's used in gymnastics. For example, a bench, vault or balance beam.
Asymmetrical	Asymmetry means when a balance or a movement does not match on either side.

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Vocabulary and Meaning / Definition

Attacker	We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. The aim of the game for the attackers is to score.
Attacker (Boccia)	We are considered an 'attacker' when we send our ball with the purpose of attempting to get it closer to the target (Jack), than our opponents ball.
Backhand	A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.
Ball Carrier	The ball carrier is defined as the attacker who is in possession of the ball.
Barrier (Hockey)	When we receive a pass from a team member, we can lower our stick horizontal towards the ground making a barrier to control the ball.
Base/Posts	There are four bases/posts that are used to mark out the pitch. These are positioned on the outside of the bowling square in a diamond shape.
Baseline	The baseline runs parallel to the net and defines the back of the court on each side.

Lower KS2

Vocabulary and Meaning / Definition

Beater (Quidditch)	A Beater is a 'defender' in Quidditch. The aim of the game for the Beater is to prevent the opposition (Chaser) from scoring, by hitting them with their Bludger.
Batting	Batting is the skill of hitting a ball with a bat into a space to score runs/points. The aim of the game for the batter (attacking team) is to score as many runs/points as possible.
Block	Block is a tactic designed to limit an opponent's ability to score.
Block (Hockey)	A block occurs when an attackers takes a shot and a defender uses their stick to prevent the ball from going towards the goal.
Bludger (Quidditch)	A Bludger is a ball carried by the Beaters who throw this at the Chaser in possession of the Quaffle. If a Bludger hits the Chaser in possession of the Quaffle, possession changes.
Bounce Pass	A bounce pass is a short pass that enables the player to find a teammate in a crowded area. The height of the ball makes it difficult for the opposition to reach and intercept.

Lower KS2

Vocabulary and Meaning / Definition

Bowling (Cricket)	Bowling is the action of propelling the ball towards the wicket defended by a batter, with the intention of getting the batter out or preventing them from scoring runs.
Bowling (Rounders)	Bowling is the action of propelling the ball towards the batter, with the intention of getting the batter out or preventing them from scoring a rounder.
Bridge (Gymnastics)	A bridge is a structure that passes over a road, a river or other obstacle. In this unit we want to recreate the idea of a bridge using our bodies.
Canon	Canon is where pupils perform the same movement one after the other.
Catching	Catching means receiving and holding the ball with our hands when the ball has been hit or thrown to us. This includes holding onto a ball struck by a batter before it touches the ground.
Change Over	A Change Over is where two athletes from the same team pass a baton between one another while running as fast as possible. Athletes cannot throw or drop the baton.

Lower KS2

Vocabulary and Meaning / Definition

Character	Character refers to the person, animal or fictional character that the pupil is portraying in their performance.
Chaser (Quidditch)	The Chaser's role is to try and keep possession of the Quaffle and to score goals by throwing the Quaffle through their opponent's hoops.
Chest Pass	A chest pass is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When using a chest pass, the passer should direct the ball towards the receiver's hands at chest level.
Choreography	Choreography is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer.
Communication	Communication is the method of transferring information from one person or a group to another. Types of communication include verbal, nonverbal, written and visual.
Control	Control refers to pupils being able to move their bodies silently.

Lower KS2

Vocabulary and Meaning / Definition

Course	A course consists of a series of holes. Players follow a routeway around the 'course' in a logical order.
Creativity	Creativity refers to pupils using their imagination or original ideas when performing their dance actions.
Defenders	We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to prevent the opposition from scoring.
Defender (Boccia)	We are considered a 'defender' when sending our ball with the purpose of attempting to prevent (block) our opponent from getting their ball closest to the target (Jack).
Distance	Distance is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.
Dodge	Dodge is a method of moving quickly from one side to the other to avoid being hit by a ball, being tagged or tackled.

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Vocabulary and Meaning / Definition

Dominant Hand	Is a shot where we play the ball with our stronger hand in which the palm of our hand faces the direction in which we are hitting the ball.
Drag Back	A drag-back is a turn used in football. The attacker dribbling the ball, places their non kicking foot next to the ball and places their kicking foot on top of the ball, dragging the ball in the opposite direction to where they were going.
Dribbling (Basketball)	Dribbling is a method of moving with the ball. The attacker in possession of the ball continuously bounces the ball on the floor in order to move around the court.
Dribbling (Football)	Dribbling is a method of moving with the ball. The attacker in possession of the ball continuously kicks the ball, keeping it close to them in order to move around the pitch.
Dribbling (Hockey)	Dribbling is a method of moving with the ball using our stick. When we dribble, we can only use the flat side of of stick.
Ducking	Ducking is a method of defending to avoid being hit by a ball. It involves a defender lowering their body towards the floor, allowing the ball to travel over them.

Lower KS2

Vocabulary and Meaning / Definition

Emotion	Emotion refers to the feelings a dancer's character is feeling depending on their circumstances, mood, or relationships with others.
End	End is a passage of play that features six balls per pupils, pair or team.
Excellent Dancers	Excellent dancers interpret the music, perform with good timing and musicality, show expression and creativity and are able to choreograph.
Excellent Gymnasts	'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/ balance are able to hold it still for at least four seconds.
Expression	Expression refers to the actions a dancer uses to make their characters thoughts or feelings known.
Extension	Extension is when pupils are pointing (extending) their fingers and toes when moving or holding a balance.
Fielder	A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to keep the batters score as low as possible.

Lower KS2

Vocabulary and Meaning / Definition

Flow	Flow is when a gymnast moves from one action to another without stopping.
Footwork (Netball)	A player can receive the ball with both feet grounded or jump to catch the ball and land on two feet simultaneously. The landing foot cannot be moved, other than to pivot on the spot, whilst the other foot can be moved in any direction.
Forehand	A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.
Forward Pass	The ball can only be passed sideways or backwards. If the ball is passed forwards to a team member this is an illegal pass. This is known as a forward pass.
Free Hit (Hockey)	A free hit is awarded when a foul occurs, or the ball hits a player's foot. The free hit is taken from where the violation took place.
Free Kick	A free kick is a method of restarting the game in football, following an offence committed by the opposing side outside of the penalty area.

Lower KS2

Vocabulary and Meaning / Definition

Free Pass (Handball)	A free pass/throw is awarded when a foul or violation happens. A free pass/throw is awarded where the offence took place.
Goalkeeper	The role of the goalkeeper in football is to stop the ball from entering the goal. The goalkeeper is the only player allowed to use their hands on the pitch but must do so within their own area.
Hole (Target)	The hole is the target pupils are aiming to hit, in the least number of shots as possible.
Holes	Each starting point (Tee) and target (Hole) are also known as 'holes.'
In	'In' is the term used when the ball is returned over the net/against the wall which lands on the inside of the court/wall.
Intercepting	Intercepting is when a defender cuts off and prevents a pass from reaching the receiver.
Interesting	Interesting means pupils are thinking and being creative. This includes adding different levels and different connection points to their balances and/or movements.

Lower KS2

Vocabulary and Meaning / Definition

Jack (Boccia)	Jack is the target ball used in Boccia (usually a white ball) that pupils try to aim and land their balls as close as possible.
Keeper (Quidditch)	The role of the Keeper is to guard the three Quidditch hoops. The Keepers job is to try and prevent the Chasers from throwing the Quaffle through one of the hoops.
Launcher (Wedge)	The Launcher is also known as a 'wedge'. This club is used when we want to hit the ball with increased power, in the air, with accuracy towards a target.
Levels	This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.
Linking	Linking means successfully adding two movements together so that they flow one after the other.
Listening	Listening is the ability to accurately receive and interpret messages from our team in the communication process.
Map	A map is a piece of paper that shows a representation of an area of land that uses symbols or signs to represent the various physical features e.g. trees and buildings.

Lower KS2

Vocabulary and Meaning / Definition

Marking	Marking is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options.
Motif	Motif is a series of movements that are repeated.
Navigate	Navigate means to find a way through a planned course often by using a map.
Non-verbal communication	Non-verbal communication is a method of sending messages or signals without speaking. This includes actions such as making eye contact, using hand gestures or changing a body language or posture to communicate.
Offside (Tag Rugby)	Offside occurs when a tag takes place. All players on the defending team, must step back towards their goal line. A defender must not intercept that first pass, unless they are in front of the attacker who was tagged. If a defender behind the tagged attacker incepts the first pass, this is known as offside.
Orienteering	Orienteering is a sport that requires navigational skills using a map and/or a compass to navigate from various points.

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Vocabulary and Meaning / Definition

Out (Striking and Fielding context)	Out is a form of dismissal which occurs when the batters period of batting is brought to an end by the opposing team.
Out (Net/Wall Context)	Out is the term used when the ball is returned over the net and does not bounce on the inside of the court.
Out of Bounds	'Out of Bounds' is the area outside of the course that is prohibited for pupils to enter. The area that is 'out of bounds' should be clearly marked out and identifiable on a map.
Outwit	Outwit means using your intelligence to trick or out smart your opponent or the other team.
Pace	Pace is used to measure an athlete's speed. It is the amount of time it takes an athlete to cover a specific distance. It is important for long distance runners to pace themselves, if they go to fast to early, they will finish the race slower.
Penalty	A penalty kick is a method of restarting the game following an offence committed by the opposing side inside the penalty area.

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Vocabulary and Meaning / Definition

Pivot	A pivot is used to allow the attacker in possession of the ball the opportunity to change direction without committing an offence. One foot must remain on the ground known as the pivot foot. The attacker can step with their other foot, using their pivot foot to change direction.
Possession	Possession is when we have physical control of the ball. This could be as an individual or when working as part of a team. It is when we have 'possession' that we can create the opportunity to score.
Power	Power is the intensity and speed that an object is thrown towards or how an athlete uses their body to increase the distance they jump.
Power (with a ball/object)	Power is the intensity and speed that a ball (or object) is rolled, pushed, thrown or kicked.
Problem Solving	Problem Solving means the ability to find a solution to overcome a challenge. An individual or a team needs to create then apply a strategy and tactics to solve a problem and achieve their goal.
Quaffle (Quddditch)	Quaffle is the ball used to score points in a game of Quidditch. Only the Chasers (and Keeper) can touch the Quaffle.

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Vocabulary and Meaning / Definition

Rally	A rally is a series of returned hits of the ball that ends when either player fails to successfully return the ball.
Ramp (Boccia)	Ramp is an assistive device that pupils can use if they are unable to roll, throw or kick their balls.
Relay	A relay is a running race where members of a team take turns to complete parts of the race
Responsibility	Responsibility is when you take ownership for the things that you are supposed to do and accept the results or consequences of your actions.
Retrieving	Retrieving means returning the ball as quickly as possible to a bowler, fielder or wicketkeeper/backstop preventing the batters from scoring runs/points.
Return	Return means successfully throwing a ball back over the net, landing it “in”, your opponent's side of the court, or throwing it back against the wall.
Rhythm	Rhythm is a repeated pattern of movements or sounds.
Rolling	Rolling is a method of sending the ball along the floor. A ball can be rolled using our hands or a ramp towards a target.

Lower KS2

Vocabulary and Meaning / Definition

Roller (Putter)	A Roller is also known as a Putter. This is the club that is used when we want to hit the ball with control, along the ground, when the ball is close to the hole (target).
Rounder	Is the method of scoring used in rounders. If the batter successfully runs around the outside of the bases and reaches the 4th base before the ball, the batting team scores one rounder.
Route	A route is a particular course taken when moving from point A to point B.
Sequence	This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.
Shooting	Shooting is when we throw/kick/hit the ball towards the goal to score.
Shots (Golf Context)	Shots refers to the number of times a player strikes/or throws the ball on each hole.
Shoulder Pass	Shoulder Pass is the most used pass in handball. The shoulder pass is a onehanded pass that can be used to cover long and short distances. If a shoulder pass is fast and accurate it can be the most effective pass to use to outwit the opposition.

Lower KS2

Vocabulary and Meaning / Definition

Space	Space is an open area on the court/pitch that is unoccupied by a defender or the defending team. The team in possession of the ball need to identify open spaces to move into to enable them to create opportunities to score.
Speed	Speed is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.
Stage presence	Stage presence is the ability of a dancer to capture and command the attention of an audience's attention.
Strategy	Strategy is a planned set of actions that are used by a team or individual to achieve a long term goal. We plan a strategy and then use specific tactics to help us achieve our goal.
Stride Pattern	Stride Pattern is the distance covered when an athlete takes a step. An athlete's stride pattern will differ depending on the distance that athlete is running.
Strike	Strike means hitting the ball with a bat with the purpose of scoring runs/points.

Lower KS2

Vocabulary and Meaning / Definition

Symbol	Symbols are small images marked on a map that have been designed to look like what it represents. Map symbols are conventional signs as can be understood by everyone.
Symmetrical	Symmetry occurs when a balance or a movement is identical on either side.
Tackling (Hockey)	Tackling is method of defending in hockey. It involves a defender using their stick to knock the ball out of the possession of an attacker.
Tactics	Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.
Tag	Tag is the method applied by the defending team to stop the attackers from scoring.
Tagging (Tag Rugby)	Tagging or Tag is the method applied by the defender teaming to stop the ball carrier running with the ball.
Teamwork	Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Lower KS2

Vocabulary and Meaning / Definition

Tee	The 'Tee' is the position on the golf course where players start each hole.
The Long Barrier	The Long Barrier is a fielding method used by a fielder to prevent the ball going past them. This involves the fielder stopping the ball with their hands, but positioning their body in line with the ball just in case they miss the ball with their hands.
Throwing	Throwing means using your arm/hand to propel a ball with force through the air to a specific target.
Timing	Timing in dance, timing refers to moving to the beat of the music.
Transition	Transition is defined as the process of recognising and responding after losing or regaining possession.
Triple Threat	The triple threat involves the attacking player in possession of the ball asking themselves; can I shoot, if not can I pass, if not can I dribble before making and applying a skill.
Trust	Trust is the ability to have the confidence to believe in the actions of your partner or team.

Lower KS2

Vocabulary and Meaning / Definition

Try	A try is a method of scoring points in rugby. A try is scored when the attacking player holding the ball, places the ball over the oppositions try line using two hands.
Unison	Unison is where pupils perform the same movement at exactly the same time as each other.
Turning	Turning is used to describe the change of direction of the player who is in possession of the ball. A turn is a method used by an attacker to outwit and deceive a defender.
Verbal Communication	Verbal communication is a method of communicating using our voice. When communicating verbally it is important that our message is clear and precise so that our team members can understand.
Weaker Hand	Is a shot played with our non-dominate hand, where the palm of our hand faces the direction we are hitting the ball.

Upper KS2

Vocabulary and Meaning / Definition

Accuracy	Accuracy is the ability to control where we throw, roll or kick a ball.
Adapt	Adapt is the ability to change or modify something depending on the situation. An individual or team may need to adapt their tactics to help them achieve their goal.
Advantage	Advantage is applied when an infringement occurs. Instead of stopping the game the referee can apply an 'advantage' to the non-offending if they have/gain possession and create an attack.
Aiming	Aiming is the ability to use our bodies to direct a ball towards a target.
Aiming (Boccia)	Aiming is the ability to use our bodies (or a ramp) to direct a ball towards a target (jack).
Apparatus	The term apparatus refers to a piece of equipment that's used in gymnastics. For example, a bench, vault or balance beam.
Attack	The aim of the game for the attackers is to score a goal. When a team are in possession of the ball they need to work together and apply their understanding of passing, moving and dribbling to create a shooting opportunity.

Upper KS2

Vocabulary and Meaning / Definition

Attacker (Boccia)	We are considered an 'attacker' when we send our ball with the purpose of attempting to get it closer to the target (Jack), than our opponents' ball.
Back/End Line (Dodgeball)	Is the boundary line at the back of the court. At the beginning of the game players from both teams start on their back/end line and on the referee's, command run to the centre line to collect a ball.
Backcourt Violation	In Basketball, a foul is called when the team in possession of the ball cross into the opposition's half of the court and then, pass or dribble the ball back into their half of the court. When a team commits a backcourt violation possession changes.
Backhand (Badminton)	A backhand is a shot in which you hit the shuttlecock with your arm across your body and the back of your hand facing the ball.
Backhand (Tennis)	A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.
Backstop (Rounders)	The backstop is a fielder who stands a safe distance behind the batting square, opposite the bowler ready to catch and stop the ball.

Upper KS2

Vocabulary and Meaning / Definition

Batting/Bowling Square (Rounders)	The batting square is a marked out area that the batter stands in when striking the ball. The bowling square is opposite the batting square in the middle of the pitch. This is where the bowler stands when bowling the ball.
Beater (Quidditch)	A Beater is a 'defender' in Quidditch. The aim of the game for the Beater is to prevent the opposition (Chaser) from scoring by hitting them with their Bludger.
Block	Block is a tactic designed to limit an opponent's ability to score.
Blocking (Dodgeball)	When in possession of a ball, a player can hold their ball and use it to deflect a ball that is thrown towards them to avoid being hit.
Bludger (Quidditch)	A Bludger is a ball carried by the Beaters who throw this at the Chaser in possession of the Quaffle. If a Bludger hits the Chaser in possession of the Quaffle, possession changes.
Bounce Pass	A bounce pass is a short pass that enables the player to find a teammate in a crowded area. The height of the ball makes it difficult for the opposition to reach and intercept.

Upper KS2

Vocabulary and Meaning / Definition

Bowling (Cricket)	Bowling is the action of propelling the ball towards the wicket defended by a batter, with the intention of getting the batter out or preventing them from scoring runs.
Breakdance	Breakdance is an energetic style of dance often performed to hip-hop music.
Bye (Cricket)	A bye is a run scored by the batting team when the ball is missed by the wicket keeper and has not been hit by the batter.
Canon	Canon is where pupils perform the same movement one after the other.
Cardiovascular System	The cardiovascular system is responsible for transporting oxygen and nutrients around our bodies.
Centre Line (Dodgeball)	Is the line marked across the court at exactly halfway between the back lines. Players are eliminated if they cross the centre line.
Change Over	A Change Over is where two athletes from the same team pass a baton between one another while running as fast as possible.

Upper KS2

Vocabulary and Meaning / Definition

Character	Character refers to the person, animal or fictional character that the pupil is portraying in their performance.
Chaser (Quidditch)	The Chaser's role is to try and keep possession of the Quaffle and to score goals by throwing the Quaffle through their opponent's hoops.
Choreography	Choreography is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer.
Circuit Training	Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time.
Communication	Communication is the method of transferring information from one person or a group to another. Types of communication include verbal, nonverbal, written and visual.
Compositional	Compositional means the ability to create a dance performance in relation to a poem or piece of music.

Upper KS2

Vocabulary and Meaning / Definition

Control Point	A control point is a marked waypoint used in orienteering. Control points are marked both on a map and on the ground.
Cooperation	Cooperation is another word used to define teamwork, meaning to work together to achieve a goal or complete a task.
Counter Attack	A counter attack is a tactic employed by the team gaining possession who immediately attack after regaining the ball from defending the opponent's attack.
Counter Balance	A counter balance is a pushing balance.
Counter Tension	A counter tension is a pulling balance.
Course	A course consists of a series of holes. Players follow a routeway around the 'course' in a logical order.
Creativity	Creativity refers to pupils using their imagination or original ideas when performing their dance actions.
Defender	We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to prevent the opposition from scoring.

Upper KS2

Vocabulary and Meaning / Definition

Defender (Boccia)	We are considered a 'defender' when sending our ball with the purpose of attempting to prevent (block) our opponent from getting their ball closest to the target (Jack).
Discrimination	Discrimination means treating someone or a group of people differently from others.
Distance	Distance is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.
Dodge	Dodge is a method of moving quickly from one side to the other to avoid being hit by a ball, being tagged or tackled.
Dominant Hand	Is a shot where we play the ball with our stronger hand in which the palm of our hand faces the direction in which we are hitting the ball.
Double Dribble	In Basketball, a double dribble occurs when the attacker in possession dribbles the ball with two hands simultaneously or begins to dribble again after stopping. When an attacker commits a double dribble offence possession changes.

Upper KS2

Vocabulary and Meaning / Definition

Doubles	Doubles is a match played by four players, two on either side of the court.
Eliminated (Dodgeball)	Eliminated is when a pupil is out of the game and waits on the side to re enter. An elimination generally occurs when a player is hit with the ball, they enter the other team's half of the court, or their opponent catches the ball that they have thrown.
Emotion	Emotion refers to the feelings a dancer's character is feeling depending on their circumstances, mood, or relationships with others.
End (Boccia)	End is a passage of play that features six balls per pupils, pair or team.
Equipment (STEP Principle)	The necessary items that are used to play a game or activity.
Evaluation	Evaluation is how an athlete can review their own or teams' performance. They can make judgements on their own or teams' strengths and weaknesses in order to improve their own or teams performances.

Upper KS2

Vocabulary and Meaning / Definition

Events	The different track and field activities in athletics are known as events. Track are running events and field are throwing and jumping events.
Excellent Dancers	Excellent dancers interpret the music, perform with good timing and musicality, show expression and creativity and are able to choreograph.
Excellent Gymnasts	'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/ balance are able to hold it still for at least four seconds.
Expression	Expression refers to the actions a dancer uses to make their characters thoughts or feelings known.
False Start	A false start is where an athlete begins a running race before they are permitted to do so.
Fitness	Physical fitness is a state of health and well-being that means you are able to take part in all your normal daily activities, including sport, with ease.
Fitness Test	A fitness test will evaluate your overall health and physical status. The test marks the starting point for designing an appropriate exercise programme.

Upper KS2

Vocabulary and Meaning / Definition

Flexibility	Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.
Flight	Flight (in gymnastics) refers to a moment when the gymnast is suspended completely in the air without hands or any other part of the body touching the floor.
Flow (Dance)	Flow is when a dancer moves from one action to another smoothly and without stopping.
Flow (Gymnastics)	This is when a gymnast moves from one action to another without stopping.
Forehand (Badminton)	A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the shuttlecock.
Forehand (Tennis)	A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.
Formation	A formation describes how the attackers and defenders position themselves on the pitch.
Four Runs	The batter scores four runs if the ball crosses the boundary having touched the ground within the playing area first.

Upper KS2

Vocabulary and Meaning / Definition

Free Hit (Hockey)	A free hit is awarded when a foul occurs, or the ball hits a player's foot. The free hit is taken from where the violation took place.
Goal Side	Goal Side is a defensive tactic used when a defender marks an opponent. This is where the defender positions themselves between the attacker and the goal, increasing the defenders chances of preventing an attack.
Hazards	A hazard is an obstacle or an area (for example water or bunker) on the golf course, that poses a challenge or risk to the player's shot.
High Press	A high press is a tactic applied by the defending team that defends high up the court and inside the opposition's half in an attempt to regain possession quickly.
Hole (Target)	The hole is the target pupils are aiming to hit, in the least number of shots as possible.
Holes	Each starting point (Tee) and target (Hole) are also known as 'holes.'

Upper KS2

Vocabulary and Meaning / Definition

Improvisation	Improvisation means the ability to perform a dance sequence or movement to a particular piece of music or drama, spontaneously or without preparation.
In	In is the term used when the ball is returned over the net/against the wall which lands on the inside of the court/wall.
Interconnecting	Interconnecting movements are movements that involve one pupil moving over, under, around another pupil or movements that involve two pupils connected to each other.
Interesting	Interesting means pupils are thinking and being creative. This includes adding different levels and different connection points to their balances and/or movements.
Jack (Boccia)	Jack is the target ball used in Boccia (usually a white ball) that pupils try to aim and land their balls as close as possible.
Jumping	Jumping is described as the transfer of weight from one or both feet to both feet. Jumping is divided into three parts: take-off, flight and landing.

Upper KS2

Vocabulary and Meaning / Definition

Keeper (Quidditch)	The role of the Keeper is to guard the three Quidditch hoops. The Keepers job is to try and prevent the Chasers from throwing the Quaffle through one of the hoops.
Knock On (Tag Rugby)	Knock On is an offence committed by the attacking team when the ball carrier or an attacker receiving a pass 'drops' the ball forwards towards their opponents try line.
Landing	Landing is the final phase in a jump.
Lap	Lap is one full completed circuit of a track in a running race.
Launcher (Wedge)	The Launcher is also known as a 'wedge'. This club is used when we want to hit the ball with increased power, in the air, with accuracy towards a target.
Leadership	Leadership is the ability to guide members of your team towards achieving your goal.
Leg Bye	A leg bye is a run scored by the batting team when the ball hits the batter's leg or body and not their bat.

Upper KS2

Vocabulary and Meaning / Definition

Levels	Levels refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.
Listening	Listening is the ability to accurately receive and interpret messages from our team in the communication process.
Loop Pass	Loop Pass is a pass used in tag rugby where the ball carrier runs in a straight line and after making a normal pass to a supporting player, then runs behind the supporting player to receive a pass from them.
Man-to-Man Marking	Man-to-Man Marking is a defensive tactic used where each player is assigned to defend and follow the movements of a particular player on the opposite team.
Match Play	Match Play is form of competition where players win a point, each time they score lower (outscore) their opponent on a hole.
Marking	Marking is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options.
Matching	Matching is where pupils perform exactly the same movements at the same time.

Upper KS2

Vocabulary and Meaning / Definition

Mirroring	Mirroring is where pupils perform their movements creating a mirror image of each other.
Miss Pass	Miss Pass is a pass used in tag rugby where the attacker receiving the ball, receives a pass from the ball carrier that has missed out another attacker.
Motif	Motif is a series of movements that are repeated.
Motivation	Motivation refers to the positive actions and behaviours an individual uses to help drive themselves, their partner or their team towards a goal.
No Ball (Cricket)	A no ball is an unfair delivery bowled by the bowler that is either; dangerous, the ball is bowled above waist height or the ball bounces more than once when it is bowled.
No Ball (Rounders)	A no ball is an unfair delivery bowled by the bowler that is either; dangerous, the ball is bowled above the batters head and below the knee or if the ball bounces before the batter.

Upper KS2

Vocabulary and Meaning / Definition

Offside (Tag Rugby)	Offside occurs when a tag takes place. All players on the defending team, must step back towards their goal line. A defender must not intercept that first pass, unless they are in front of the attacker who was tagged. If a defender behind the tagged attacker incepts the first pass, this is known as offside.
Orienteering	Orienteering is a sport that requires navigational skills using a map and/or a compass to navigate from various points.
Out	Out is a form of dismissal which occurs when the batters period of batting is brought to an end by the opposing team.
Outfielder	An outfielder is a player on the fielding team, not on a base or the backstop. An outfielder is responsible for catching and returning the ball to a base to prevent the batter from scoring a rounder.
Outwit	Outwit means using your intelligence to trick or out smart your opponent to win a point.
Over	An over consists of six consecutive legal deliveries (wide balls and no-balls do not count) bowled from one end by a bowler.

Upper KS2

Vocabulary and Meaning / Definition

Penalty Shot	A penalty shot occurs if a ball lands and stops inside one of the water hazards, the pupil must take the ball out and place it on the ground behind or to the side (the ball cannot be closer to the hole) and play their next shot from there.
People (STEP Principle)	People refers to the pupils taking part in an activity or game.
Personal Best	A personal best is an individual or team's best performance in each event.
Possession	Possession is when we have physical control of the ball or other implement of play. This could be when working individually or as part of a team. It is when we have 'possession' that we can create the opportunity to score.
Power (with a ball)	Power is the intensity and speed that a ball is rolled, pushed, thrown or kicked.
Prejudice	Prejudice is someone's opinion that is not based on reason or an actual experience.

Upper KS2

Vocabulary and Meaning / Definition

Pressure	Pressure is the term used to immediately try to gain possession of the ball back. Rather than leaving the ball alone, teams or an individual can apply pressure in an attempt to regain possession.
Quaffle (Quidditch)	The Quaffle is the ball used to score points in a game of Quidditch. Only the Chasers (and Keeper) can touch the Quaffle.
Ramp (Boccia)	Ramp is an assistive device that pupils can use if they are unable to roll, throw or kick their balls.
Rebound	A rebound occurs when an attacking player has a shot, misses and the ball hits the backboard or hoop. A rebound allows players from the attacking or defending team to make an attempt to regain possession.
Recover	Recover means returning to a position on the court, usually in the middle of the court on the baseline, ready to receive a shot from your opponent.
Referee	Referee is an official who watches the game and enforces the rules. The referee is responsible for making sure that the game is played fairly. The referee will resolve any disagreements and their decision is final and should be respected.

Upper KS2

Vocabulary and Meaning / Definition

Responsibility	Responsibility is when you take ownership for the things that you are supposed to do and accept the results or consequences of your actions.
Retrievers (Dodgeball)	Retrievers are designated players that are allowed to retrieve balls that go out of play. Active players are not allowed to go out of bounds during a game.
Return	Return means successfully hitting a shuttlecock back over the net, landing it in, on your opponent's side of the court.
Rhythm	Rhythm is a repeated pattern of movements or sounds.
Rolling	Rolling is a method of sending the ball along the floor. A ball can be rolled using our hands or a ramp towards a target.
Roller (Putter)	A Roller is also known as a Putter. This is the club that is used when we want to hit the ball with control, along the ground, when the ball is close to the hole (target).
Run Out (Cricket)	A run out occurs when a batter attempting a run, has not reached their ground when the stumps are successfully hit with the ball by the fielding team.

Upper KS2

Vocabulary and Meaning / Definition

Run Out (Rounders)	A run out occurs when a batter running to a base fails to reach that particular base before the ball and is stumped or a batter overtakes another batter when running around the bases.
Scale	The scale of a map is the ratio of a distance on the map to the corresponding distance on the ground. The scale of a map allows the reader to calculate the size, height and dimensions of the features shown on the map, as well as distances between different points.
Seeker (Quidditch)	The Seeker's role is to try and catch the Snitch. The Seeker is the only player who is allowed to catch the Snitch.
Sequence	This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.
Serve (Badminton)	Serve is the method of starting a game of badminton. A serve is from the baseline and the shuttlecock must be hit diagonally into the opponent's service box.
Serve (Tennis)	Serve is the method of starting a game of tennis. A pupil serves from the baseline and the ball must be hit diagonally into the opponent's service box.

Upper KS2

Vocabulary and Meaning / Definition

Shadowing	Shadowing is when the defending player keeps their eyes on the ball and mirrors the attackers movements. This technique is used to apply pressure to the attacker in an attempt for them to lose possession of the ball.
Shoulder Pass	The shoulder pass is a one handed pass that can be used to cover long and short distances. If a shoulder pass is fast and accurate it can be the most effective pass to use to outwit the opposition.
Six Runs	The batter scores six runs if the ball crosses the boundary in the air not having touched the ground.
Snitch (Quidditch)	The Snitch is a ball (which is represented by a player wearing a Snitch sock or tag) that enters the playing area prior to the end of the game. Once the Snitch is caught the game ends.
Space (Net/Wall)	Space is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.
Space (STEP Principle)	Is the safe area in which a game or an activity takes place.

Upper KS2

Vocabulary and Meaning / Definition

Speed	Speed is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.
Stage presence	Stage presence is the ability of a dancer to capture and command the attention of an audience's attention.
Strategy	Strategy is a planned set of actions that are used by a team or individual to achieve a long term goal. We plan a strategy and then use specific tactics to help us achieve our goal.
Street Art	Street Art is artwork that is created in a public space.
Strength	Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.
Support	Support means to help and encourage other members of your team.
Tackle	Tackle is a method of defending in football. The main objective of tackling is to dispossess an opponent of the ball. A missed timed tackle could result in a foul being awarded.

Upper KS2

Vocabulary and Meaning / Definition

Tactics	Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.
Task **(STEP Principle)**	The task is the type of game or activity that pupils are taking part in.
Team Alternate Shot	Team Alternate Shot, is a team format where players are in teams of two with one ball. They take turns playing shots until the ball is in the hole. Player's alternate taking the initial shot and record their score.
Team Better Ball	Team Better Ball is a team format where the lowest score amongst the team members, on each hole, counts as the team score.
Team Member	A team member is an individual within a team who has a specific role and responsibility to perform. Team members need to cooperate and work together to enable their team to achieve its goal.
Team Scramble	A Team Scramble is a team format where players play in a team of three or four. All players in the team take their first shot and then decide on the best ball position to play all their next shots from. All players then hit their shots from the same position, until they hit the ball in the hole.

Upper KS2

Vocabulary and Meaning / Definition

Teamwork	Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.
Tee	The 'Tee' is the position on the golf course where players start each hole.
Through Ball	Through Ball is a pass made to create a shooting opportunity. The attacker in possession of the ball, passes it between opposing defenders, into open space that a team member can run onto.
Throwing	Throwing means using your arm/hand to propel a ball with force through the air to a specific target.
Timing	Timing in dance, timing refers to moving to the beat of the music.
Toprock	A Toprock is a set movement pattern performed from standing. It is an introduction to an individual dancers' personal style and is the warm-up to more challenging moves.
Tracking Back	Tracking Back is a term used when a player loses possession of the ball and then follows back an opponent and tries to tackle them, or to stop them from getting the ball.

Upper KS2

Vocabulary and Meaning / Definition

Transition	Transition is defined as the process of recognising and responding after losing or regaining possession.
Travelling	Travelling is a violation of a rule in basketball that occurs when the attacker in possession of the ball moves both feet without dribbling. Possession changes when an attacker commits a travelling offence.
Umpire	The Umpire is an official who watches the game or match closely enforcing the rules and who is responsible for making sure that the game is played fairly. The umpire will resolve any disagreements and their decision is final and should be respected.
Unison	Unison is where pupils perform the same movement at exactly the same time as each other.
Volley (Tennis)	Volley is a shot hit by a player before the ball bounces on their own side of the court. This shot is usually applied when a player is close to the net.
Weaker Hand	Is a shot played with our non-dominate hand, where the palm of our hand faces the direction we are hitting the ball.

Upper KS2

Vocabulary and Meaning / Definition

Wicket Keeper	The wicket-keeper is a fielder who stands behind the stumps opposite the bowler ready to catch and stop the ball.
Wide	A wide ball is a delivery bowled by the bowler that the batter is unable to reach or hit.
Zonal Marking	Zonal Marking is a defensive tactic used where each player marks the space closest to them, marking whichever attacker enters their space.