

Spelling list: Sports

A glossary of keywords

agility	Agility means to change the position of the body with speed and control.
analyse	To examine in detail in order to discover meaning and/or essential features is to analyse .
balance	The ability to create equilibrium when stationary or moving through the coordinated actions of our sensory functions is known as balance .
challenge	Something that by its nature or character requires special effort and is demanding is a challenge .
competent	Being competent means having suitable or sufficient skill, knowledge and experience.
competitive	Competitive sport is usually played or participated in between two or more persons or teams striving for the common goal of winning.
complex	Tactics, strategies or techniques and skills might be complex and should be encouraged to develop.
control	To control is to show restraint or direction over someone or something.
cooperative	Cooperative physical activities utilise behaviours demonstrated by individuals working together towards a shared goal.
coordination	Coordination shows the ability to control the movement of the body in cooperation with the body's sensory functions.
core	The competency in motor skills and movement patterns needed to perform a variety of physical activities require core movement.
excel	To do very well or be exceptionally good at or proficient in an activity is to excel at it.
	To be an expert is to possess specialist skill or knowledge in some

expert	particular field.
respect	Fairness and respect can be developed in sport by recognising and accommodating the different abilities of one's peers; celebrating others' successes and recognising others' contributions.
flexibility	Flexibility - the range of movement possible at a joint.
strength	Strength shows the ability of a muscle or muscle group to overcome resistance.
sustained	To keep up or keep going is a sustained behaviour of physical activity.
tactic	Tactics used in sports require a particular method used or selected to achieve something.
technique	Players select different techniques for performing skills on the basis of personal preference, effectiveness and situation.
strategy	A strategy is an intended or chosen plan to achieve a particular purpose.