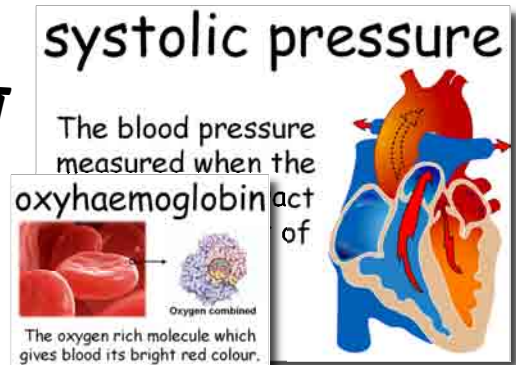


# P.E. WORD WALLS (11-16+)

- **OVER 700 KEY TERMS & DEFINITIONS**
- **PRINT STRAIGHT FROM WITHIN POWERPOINT**
- **PERFECT FOR USE ON YOUR SCHOOL'S VLE**
- **ACTIVITY IDEAS FOR STARTERS & PLENARIES**
- **ENHANCES LITERACY AND UNDERSTANDING**



This unique resource enhances students' interest and learning when you present, print and display our outstanding PowerPoint presentations. The terminology is suitable for all students of P.E. & Sports Studies - simply select the appropriate terms for the relevant age or ability range.

The Wordwall presentations can be used on interactive whiteboards, standalone or networked PCs to enhance teaching and learning in a variety of ways. You can present the terms and definitions from within PowerPoint and print and display the slides within the learning area for ongoing reference. The slides are staged so that the term appears first, then the image and finally the meaning - allowing careful narration and class discussion. From 'Abdominals' to 'Yellow Marrow' - terms are all relevant, clearly explained and superbly illustrated.



# DEVELOPS LITERACY, KNOWLEDGE & UNDERSTANDING. EASILY DEPLOYED ONTO YOUR VLE FOR HOME ACCESS.

Wordwall Titles	Number of Slides/Terms	Word Range
Cadiovascular System	44	angina - white blood cell
Development of Skills	29	ability - transferable skill
Diet & Energy	60	adipose - water soluble
Drugs in Sport	23	alcohol - stimulant
Exercise	36	adrenalin - VO2 Max
Factors Affecting Performance	80	accelerate - weather
Fitness, Health & Hygiene	49	aerobic capacity - well being
Funding, Sponsorship & Media	22	amateur - underwater camera
Injuries & First Aid	56	ABC - winded
Joints & Movement	23	abduction - synovial membrane
Muscles	46	abdominals - voluntary muscle
Organisations, Facilities & Events	53	administration - WSFF
Respiratory System	51	17% - water
Skeleton & Bones	53	axial skeleton - yellow marrow
Social Aspects of Sport	33	cheating - violence
Training	56	active stretching - weight training
<b>Total Terms</b>	<b>714</b>	



### transferable skill

A skill which can be used in another sport, e.g. sprinting can be used in the long jump as well as the 100m sprint.

### merchandise

Consumer goods bought by fans to support their club.



### protein

Protein helps the body grow and repair itself; found in meat, eggs, milk and soya products.

### recovery time

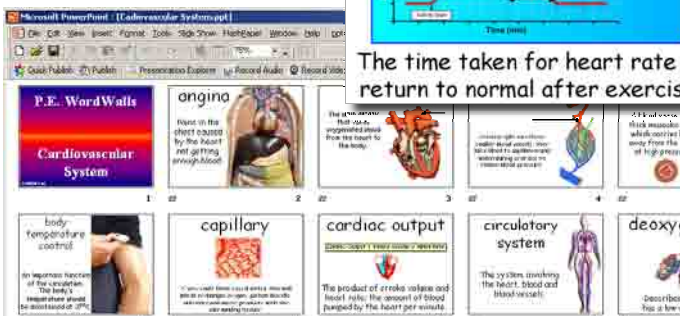
The time taken for heart rate to return to normal after exercise.

### rice

A memory aid for Rest, Compression, Elevation.

### hooligan

Badly behaved fan, out to make trouble. Football has the worst of these; they cause lots of trouble.



### heart rate

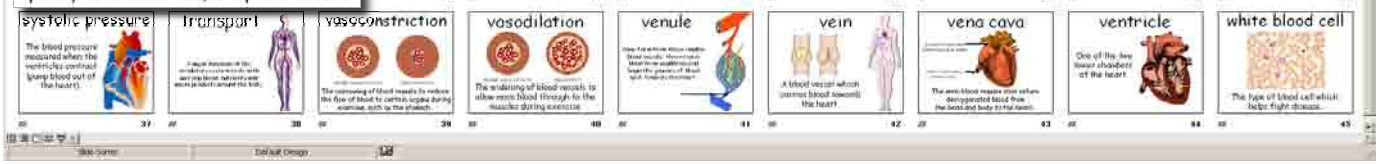
The number of heartbeats per minute. It increases during exercise and will fall quickly after exercise, if a person is fit.

### recovery time

The time taken for heart rate to return to normal after exercise.

### muscle fibre

A muscle is made of lots of these small bands.



# PERFECT FOR STARTERS AND PLENARIES. JUST PRINT AND DISPLAY FOR LESSONS AND OPEN DAYS!

**participant**

A person who takes part in a particular sport. Participants are categorised as Active or Involved.

**recovery**

Warming down after exercise, to replace oxygen and disperse lactic acid.

**progression**

Making a training program gradually as the athlete improves.

**BOA**

Short for 'British Olympic Association', a body which organises the British Olympic team and raises funds for athletes.

**adipose tissue**

The proper name for fat stored in the body.

**Dr abc**

A memory aid for 'Danger, Response, Airway, Breathing, Circulation'.

**doping**

Using illegal drugs to improve performance and obtain an unfair advantage.

## Teacher's Guide - Activity Ideas (Starters and Plenaries)

What's My Meaning?	What's My Word?
Word Splat	Call My Bluff
Word Bingo	Mix and Match
Hangman	Charades
Word Scramble	Name That Word
Word Rush	Anagram Trail
Word Auction	Memory Game
How Many Words?	Washing Line
Traffic Lights	Taboo
True/False	Noughts and Crosses

**Teacher's Guidelines**  
Included Free!  
+ 20 Activity Ideas!

**NCF sports coach UK**

Great Coaches...Great Sport

Short for 'National Coaching Foundation', a body which promotes excellence in coaching.

Microsoft PowerPoint - [Muscular System.ppt]

**P.E. WordWalls**

**Muscular System**

abdominals, abdominals, agonist, antagonist, atrophy, biceps, calf muscle, cramp, deltoid, extensor, flexor, gastrocnemius, gluteals, gluteus maximus, insertion point, involuntary muscle, isometric contraction, isometric contraction, latissimus dorsi, lats, muscular endurance, muscular fitness, muscular power, muscular strength, nerve impulse, nervous system, quadriceps, quads, skeletal muscle, smooth muscle, strength, synergist, trapezius

**axial skeleton**  
The bones of the rib cage, skull and vertebral column.

**adduction**  
Movement of a limb towards the centre

**attitude**  
A mental approach which

**standing broad jump**  
A test for explosive strength, involving jumping as far as possible from a standing start.

**circumduction**  
Circular movement of a limb around a point, e.g. the movement of the arms in the 'butterfly' swimming stroke.

**cigarette**  
Smoking cigarettes is bad for health and fitness; they reduce lung capacity and cause many diseases.

**Preview Online**  
[www.sserltd.co.uk](http://www.sserltd.co.uk)

**Superb images to illustrate & explain**

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The VLE licence is additional to the site licence and allows the students to access a special flash based version of the resource from the school's Virtual Learning Environment.

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