

Vocabulary

sidestep	Take a step sideways to dodge an opponent in a game.
follow-through	To continue the movement of a stroke after a ball has been struck.
warm-up	A period of low impact activity that ensures the muscles are flexed and ready for the demands of the sport.
cool-down	A period of low impact or slower exercise following a more intense workout to allow the body to gradually return to normal.
stretch	To straighten or extend part of the body to its full length.
tactic	Actions and strategies included in game play to win.
calories	Unit used to measure the energy in food.
slow-energy	Foods that release their energy over a longer time period.
fast-energy	Foods that release their energy quickly to give the body an energy boost.
analyse	To evaluate performance in detail.
identify	To pinpoint an aspect of performance.

Exercise

salt	Important compound found in food.
protein	A food group that helps to build and repair muscles and other body tissue like skin and hair.
fat	A food group found in dairy products, nuts and meat.
adapt	To modify game play in sport to meet the needs of all.
confidence	Believing in yourself that you can achieve success in PE.
wellbeing	To feel comfortable, healthy and happy.
obesity	Being overweight.

Exercise and Sleep

Exercising can help give you a better quality of sleep. Good sleep improves your brain performance and health as your body regenerates during deep sleep. Exercise can keep emotions and weight in check. 

Not enough sleep can affect your concentration and mood.

Exercising produces endorphins which make us feel happy and raise our self-esteem and wellbeing. A healthy body is linked to having a healthy mind. 

Healthy Eating



I know the relevance of selecting foods from the correct group in order to ensure my body has enough energy for sustained prolonged exercise (like a football match) or for a quick burst of intense activity (like the 100m sprint).

Examples of fast-energy foods.

