

Physical Education Terms EYFS and Key Stage One

Able

adjective : having the means or power to do something

Breathe

verb : to take in air through the nose or mouth

Exercise

verb : to use the body to be fit and healthy

Fall

verb : to move downward, often fast and without control

Fast

adjective : moving in a speedy way; not slow

Fit

adjective : strong and healthy

Gym

noun : a large room for physical exercise and activities; a gymnasium

Hike

verb : to walk far in nature

Hiking

noun : the activity of going for a long walk through nature

Hop

verb : to jump, often on one foot; to leap over

Jump

verb : to bend the knees and quickly push the whole body up off the ground

Miss

verb : to not hit or catch something

Move

verb : to go from one place to another

Play

verb : to have fun

Pull

verb : to use force to move something closer

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Push

verb : to use force to move something away

Ran

verb : the past tense of "run"; to move on foot faster than walking

Reach

verb : to stretch out or extend something

Rest

verb : to relax or stop working

Run

verb : to move on foot faster than walking

Skate

verb : to glide on a surface wearing ice skates or roller skates

Skill

noun : the ability to do something because of training or practice

Slow

adjective : moving at a low speed; not fast

Stand

verb : to have all of one's weight on one's feet

Still

adjective : not moving

Strong

adjective : powerful; not easy to break

Swim

verb : to move along on or in the water using one's body

Thirsty

adjective : feeling a need or desire to drink

Tired

adjective : in need of rest or sleep

Walk

verb : to use one's legs to move from place to place

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Weak

adjective : being without energy, power, or strength