

# ELEMENTARY PHYSICAL EDUCATION VOCABULARY

## ENGLISH - SPANISH



### Sports

Athletics = atletismo	Handball = balonmano	Swimming = natación
Baseball = béisbol	Hockey	Table tennis = ping pong
Basketball = baloncesto	Hurdles = salto de vallas	Tennis
Diving = buceo	Rugby	Volleyball
Football	Skating = patinaje	Water polo
Aerobics = aeróbic	Skiing = esquí	Water sports = deportes acuáticos

### Pruebas = Events:

Race = carrera	High jump = salto altura	five-a-side football = fútbol sala
Championship = campeonato	Long jump = salto longitud	qualifying round = eliminatorias
Olympics / Olympic games	Sprint = carrera velocidad	Final / Semi-final
Competition = competición	Marathon	Match = partido
Heat or test = prueba	Triple jump = triple salto	Shot put = tiro de peso

### People:

Trainer = entrenador	Defender = defensa	Team = equipo
Player = jugador	Striker = delantero, atacante	Team mate = compañero
Sports centre = polideportivo	Mid-field player = medio	
Goalkeeper = portero	Referee = árbitro	

### Equipo (sports gear or sports equipment):

Wall bars = espalderas	Shower = duchas	Net = red
Swimming pool = piscina	Changing room = vestuario	Football field or pitch = campo
Track = pista	Bat = bate	Sports ground = campo deporte
Ball	Racket = raqueta	Tennis court = pista tenis
Gym = gimnasio	Athletics track = pista	Rope = cuerda
Hurdle = valla	Cone = cono	Goal = portería

### Activities:

Play = sports with ball	Lose = perder	Pitch = lanzar en baseball
Do = other sports	Bounce the ball = botar	Catch the ball = atrapar, parar
Go = sports ending in -ing	Pass the ball = pasar	Shoot = chutar
Arrive = llegar	Hit the ball = golpear, batear	Kick the ball = chutar, puntapié
Win = ganar	Throw the ball = tirar, lanzar	Jump = saltar
Run = correr	Run faster = corre más rápido	Run slower = corre más lento
Pass the ball to the right	Pass the ball to your left	Pass the ball straight ahead

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Pass the ball backwards	Pass the ball forwards	Pass the ball with a bounce
Stretch the rope = <b>estirar la cuerda</b>	Pull out the rope = <b>tirar de la cuerda</b>	Dive into the pool = <b>tirarse de cabeza</b>
To score a goal = <b>meter gol</b>	To score a basket = <b>encestar</b>	To head a ball = <b>cabecear</b>
To crawl = <b>reptar</b>	To squat = <b>poner en cuclillas</b>	To crouch = <b>agacharse</b>
To stand up = <b>levantarse</b>	Raise your hands = <b>levantar las manos</b>	To tiptoe = <b>ponerse de puntillas</b>

## FUNDAMENTAL MOTOR SKILLS

- **Locomotor skills:** a skill using the feet to move from one place to another or project the body upward.
  - **Walking** - the process of alternately losing balance and recovering while moving forward or backward in an upright position.
  - **Running** - same as walking but at a faster rate with brief moments of flight when both feet are off the ground.
  - **Jumping** - a springing action leaving the ground with one or two feet and landing on two feet.
  - **Galloping** - a combination of a step and a run in which there is a lead leg and a trail leg (same leg stays in front) - forward direction.
  - **Sliding** - a combination of a step and a run in a sideways direction.
  - **Hopping** - a springing action leaving the ground with one foot and landing on the same foot.
  - **Leaping** - an extension of a run using greater force; leaving the ground with one foot and landing on the opposite foot.
  - **Skipping** - a combination of a step and a hop, alternating feet.
- **Non-locomotor skills:**
  - **Twisting** - the rotation of a selected body part around its long axis
  - **Bending** - moving a joint.
  - **Swaying** - fluidly and gradually shifting the center of gravity from one body part to another.
  - **Stretching** - moving body parts away from the center of gravity.
  - **Turning** - rotating the body along the long axis.
  - **Swinging** - rhythmical, smooth motion of a body part resembling a pendulum.
- **Manipulative skills:**
  - **Throwing** - propelling an object away from the body using your hands.
  - **Catching** - receiving and controlling an object using the body or its parts.
  - **Striking** - making contact with an object using another object.
  - **Kicking** - making contact with an object using your feet.
  - **Dribbling** - the skill of striking an object multiple times in a row (using hands or feet).
  - **Volleying** - making contact with an object using body parts

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- **Punting** - the skill of kicking an object that has been released from the hands, while it is still in the air.



- **Movement concepts and awareness (BSER):**

- **Body awareness** - what the body can do (transferring weight, balancing, flight, etc).
- **Space awareness** - where the body moves (personal, general, directions, levels, pathways, etc).
- **Effort awareness** - how the body moves (time, speed, effort, force, etc)
- **Relationships awareness** - how the body relates to objects and others (matching movements, mirroring movements, etc).

