



KS4 PE Key Words



Abduction

Adduction



KS4 PE Key Words



Arteries

Aerobic



KS4 PE Key Words



Agility

Alveoli



KS4 PE Key Words



Anaerobic

Antagonist



KS4 PE Key Words



Balance



KS4 PE Key Words



Body composition



KS4 PE Key Words



Capillaries

Carbohydrate



KS4 PE Key Words



Cardiac muscle



KS4 PE Key Words



Cartilage

Circumduction



KS4 PE Key Words



Closed skills

Concentric



KS4 PE Key Words



Continuous training



KS4 PE Key Words



Coordination

Creatine



KS4 PE Key Words



Dehydration

Doping



KS4 PE Key Words



Eccentric

Ectomorph



KS4 PE Key Words



Endomorph

Enzyme



KS4 PE Key Words



Expiration

Extension



KS4 PE Key Words



Fartlek

Fast twitch



KS4 PE Key Words



Fatigue

Feedback



KS4 PE Key Words



Flexibility

Flexion



KS4 PE Key Words



Glucose

Glycogen



KS4 PE Key Words



Haemoglobin



KS4 PE Key Words



Health- related fitness



KS4 PE Key Words



Health

Heart beat



KS4 PE Key Words



Heart rate

Hygiene



KS4 PE Key Words



Inspiration

Interval



KS4 PE Key Words



Involuntary muscle



KS4 PE Key Words



Isometric contraction



KS4 PE Key Words



Lactic acid

Leisure time



KS4 PE Key Words



Ligament



KS4 PE Key Words



Maximum strength



KS4 PE Key Words



Mesomorph



KS4 PE Key Words



Muscular endurance



KS4 PE Key Words



Nutrient



KS4 PE Key Words



Obesity

Open skills



KS4 PE Key Words



Ossification

Overload



KS4 PE Key Words



Oxygen debt



KS4 PE Key Words



Physical fitness



KS4 PE Key Words



Plyometrics

Power



KS4 PE Key Words



Prime movers

Progression



KS4 PE Key Words



Reaction time



KS4 PE Key Words



Repetition

max



KS4 PE Key Words



Resistance

Respiratory



KS4 PE Key Words



Reversibility

Rotation



KS4 PE Key Words



Skeletal muscle



KS4 PE Key Words



Skill

Slow twitch



KS4 PE Key Words



Smooth muscle



KS4 PE Key Words



Somatotype

Specificity



KS4 PE Key Words



Speed

Stamina



KS4 PE Key Words



Strength

Stroke volume



KS4 PE Key Words



Synovial joint

Suppleness



KS4 PE Key Words



Tedium

Tendons



KS4 PE Key Words



Tidal volume

Training



KS4 PE Key Words



Training zone

Veins



KS4 PE Key Words



Vertebra

VO₂ max