

# PHYSICAL EDUCATION (P.E.)

## BASIC VOCABULARY

Your teacher uses this vocabulary in every lesson.

It is very important for you to know it, so that you can understand the lessons.

Also available at [www.bilingualpe.wordpress.com](http://www.bilingualpe.wordpress.com)

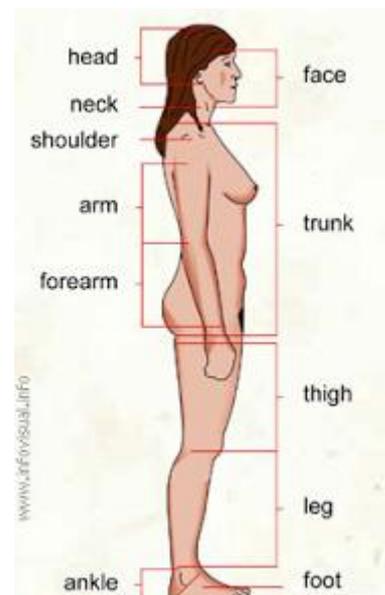
### PARTS OF THE BODY

- **Joint:** the place where two bones meet
- **Neck:** part of a human being between the trunk and the head; the neck supports the head.
- **Shoulder:** joint connecting the arm to the trunk.
- **Elbow:** joint connecting the upper arm and the forearm.
- **Wrist:** joint connecting the forearm and the hand.
- **Hip:** part of the side of the body between the waist and the thigh.
- **Knee:** joint between the thigh and the lower leg.
- **Ankle:** joint connecting the leg to the foot.

- **Head:** upper part of the body, comprising the face and the skull.
- **Forehead:** part of the face between the hairline and the eyebrows.
- **Nape:** the back of the neck.

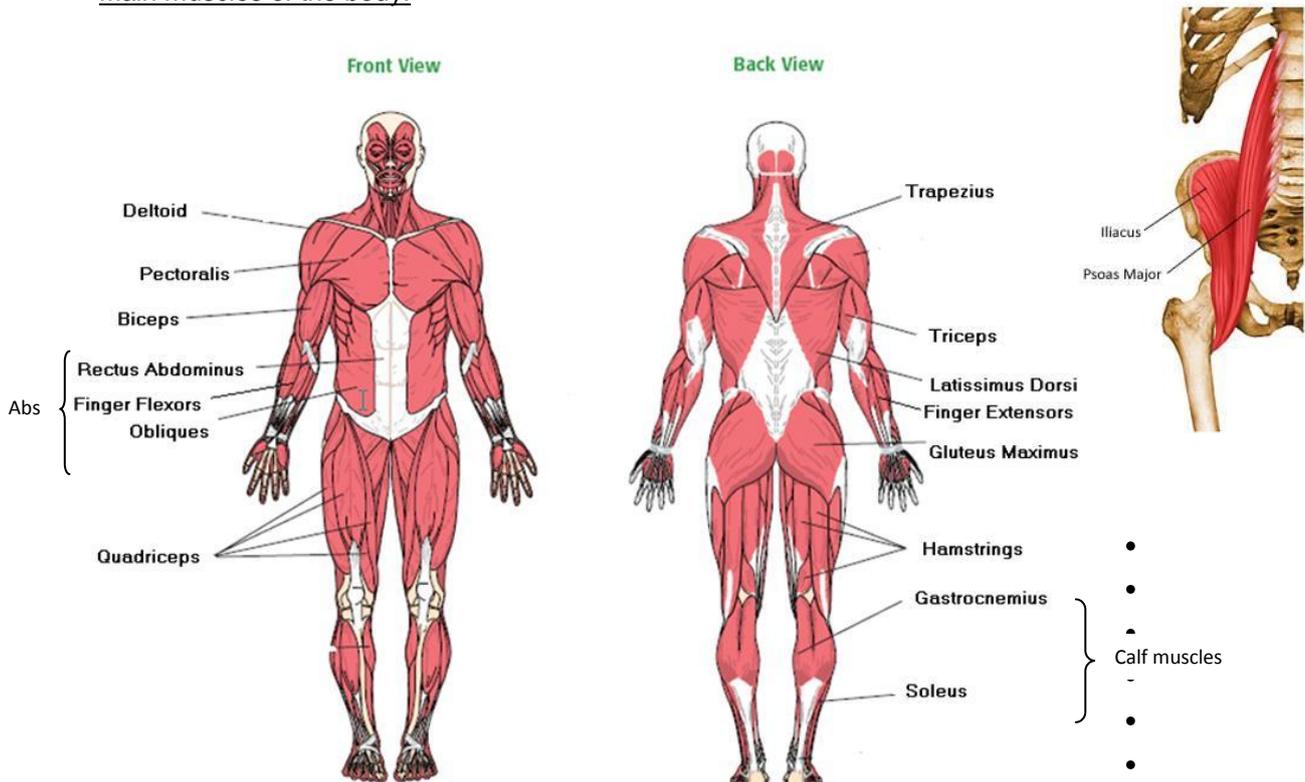
- **Trunk:** central part of the body.
- **Abdomen:** lower part of the trunk, containing the digestive organs.
- **Thorax:** the part of the upper trunk above the diaphragm and over the ribs.
- **Back:** rear part of the body, between the kidneys and the nape of the neck.
- **Lumbar region or loin:** region of the lower back, in the area of the kidneys.
- **Shoulder blade:** one of two flat triangular bones in the upper back.
- **Buttock:** each of two fleshy parts at the base of the back.

- **Arm:** part of the upper limb between the elbow and the shoulder.
- **Forearm:** part of the upper limb between the elbow and the wrist.
- **Hand:** part of the end of a human arm, composed of five fingers and used for touching and holding.
- **Finger:** digit of the hand.



- **Thigh:** upper part of the lower limb of humans; it contains the femur.
- **Leg:** lower part of the lower limb of humans.
- **Calf:** muscular surface at the back of the leg, below the knee.
- **Shin:** front part of the leg from the knee to the ankle
- **Foot:** part of the lower limb of a human that supports its weight when it is standing (pl. *feet*)
- **Heel:** back part of the foot.
- **Toe:** digit of the foot

Main muscles of the body:



Equipment:

- **Sports centre:** a building where you can play different sports:
- **Mat:** a thick pad placed on a floor to protect gymnasts.
- **Wall bars:** a set of parallel horizontal bars attached to the wall of a gymnasium, on which exercises are performed.
- **Bench:** a long seat for several people:
- **Cone:** a solid in which the bottom or base is a circle and the sides are smooth, curved lines narrowing to a point at the top.
- **Blackboard:** a sheet of smooth, hard material, esp. dark slate, used in schools, lecture rooms, etc., for writing or drawing on with chalk.
- **Hurdle:** a fence-like barrier or frame over which racers or horses must jump in certain races
- **Stick:** an implement used to strike and drive a ball or puck, as a hockey stick.
- ...

### Actions:

- **To warm up:** to prepare for strong exercise by performing moderate exercise.
- **To warm down / cool down:** a tapering off or recovery from strenuous physical exercise, esp. running or racing, by slowing down or doing light stretches.
- **To work out:** to exercise or train in a sport.
- **To stand:** to be in an upright position on the feet
- **To lie:** to be in a horizontal or flat position, as on a bed or the ground (face up / face down)
- **To run:** to go quickly by moving the legs more rapidly than at a walk
- **To jog:** to run at a slow, steady pace
- **To sprint:** to race at full speed for a short distance, as in running
- **To slow down:** to decelerate
- **To hurry up:** to accelerate
- **To chase:** to follow rapidly or intently in order to overtake, etc.; pursue
- **To follow:** to go or come after; move behind in the same direction
- **To raise / lift:** to move to a higher position; elevate.
- **To turn:** to direct, aim, or set toward, to rotate
- **To bend:** to flex
- **To pass:** to transfer a ball to a teammate
- **To throw:** to hurl or propel from the hand
- **To carry (or to transport):** to move (something) while holding or supporting
- **To form a semi-circle**
- **To form/make pairs –to get into pairs**
- **To form/make/get into groups of three/four**
- **To queue / to form a line/ to line up:** to form in a line while waiting
- **Put everything away:** put something in the designated place for storage

### Directions:

