

PE Dictionary

Tier 3 Words

Words & Phonetics	Definitions	Examples
Appendicular skeleton /a.puhn.di.kyu.luh skeh.luh.tn/	Four limbs of the body and bones that join to the axial skeleton.	
Axial skeleton /ak.see.uhl skeh.luh.tn/	Core of the human body.	
Gastrocnemius /ga.strok.nee.mee.uhs/	Calf muscle.	
Latissimus dorsi /luh.tis.uh.muhs dawr.sahy/	Back muscle.	
Isometric /ai.suh.meh.truhk/	Muscle contraction.	
Isotonic /ai.suh.to.nuhk/	Muscle contraction.	
Concentric /Kuhn.sen.truhk/	Muscle contraction.	
Eccentric /uhk.sen.truhk/	Muscle contraction.	
Anaerobic /an.euh.row.buhk/	Respiration.	
Aerobic /euh.row.buhk/	Respiration.	
Frequency /free.kwuhn.see/	How often you train.	

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Intensity /uhn.ten.suh.tee/	How hard you train.	
Time /time/	How long you train for.	
Type /tipe/	Match training to sport.	
Cardiovascular endurance /kaa.dee.ow.va.skyoo. luh uhn.juor.ruhns/	Ability of heart blood and blood vessels to continually supply working muscles with bloody and oxygen.	
Specificity /speh.suh.fi.suh.tee/	Training specific to athlete.	
Fartlek training /faat.lek tray.nuhng/	Speed play when training.	