**** **Handout 6b:** **Never-heard-the-word grid for fitness training (PE)**

Listen carefully while the words below are read to you and used in context – then fill in the

appropriate column.

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| --- | --- | --- | --- |
| **Key words** | **Never heard the word before** | **Heard it but not sure of its meaning**  | **Know what it means and can explain in context – jot down your ideas here** |
| 1. multi-stage fitness |  |  |  |
| 2. Cooper’s run |  |  |  |
| 3. stamina |  |  |  |
| 4. stork balance |  |  |  |
| 5. sit ups |  |  |  |
| 6. muscular endurance |  |  |  |
| 7. circuits |  |  |  |
| 8. suppleness |  |  |  |
| 9. agility |  |  |  |
| 10. fartlek |  |  |  |
| 11. balance |  |  |  |
| 12. intervals |  |  |  |
| 13. vertical jump |  |  |  |
| 14. coordination |  |  |  |
| 15. inertia |  |  |  |
| 16. atrophy |  |  |  |
| 17. reaction time |  |  |  |
| 18. repetitions |  |  |  |
| 19. speed of skill |  |  |  |
| 20. weights |  |  |  |
| 21. recovery rate |  |  |  |
| 22. sprint |  |  |  |
| 23. standing broad jump |  |  |  |
| 24. sit and reach |  |  |  |
| 25. aerobic |  |  |  |
| 26. anaerobic |  |  |  |
| 27. boomerang |  |  |  |
| 28. grip strength |  |  |  |
| 29. cardiovascular |  |  |  |
| 30. plyometrics |  |  |  |

(Adapted from material developed by the PE department at Caerleon Comprehensive)