

# PHYSICAL EDUCATION VOCABULARY

WEEK OF August 28, 2015

**FLEXION** a bending movement around a joint in a limb...

That decreases the angle between the bones of the limb at the joint

✚ Walking or running

**EXTENSION** an unbending movement around a joint in a limb...

That increases the angle between the bones of the limb at the joint

✚ Arms out to catch a ball

**MOMENTUM** the strength or force that something has when it is moving

✚ A bowling ball moves down the alley

**FORCE** to press, drive, pass or effect against resistance or inertia

✚ Throwing a ball from the outfield

WEEK OF September 14, 2015

## FOOTBALL

**Gridiron**- The field of play; a football field

**Offensive team**-The team with possession of the ball

**Defensive team**-The team that begins a play from scrimmage not in possession of the ball

**Sportsmanship**-fairness in following the rules of the game

## TENNIS

**ACE**- Serve where the tennis ball lands inside the [service box](#) and is not touched by the receiver.

**DEUCE**- Score of 40–40 in a game. A player must win two consecutive points from a deuce to win the game.

**FAULT**- Serve that fails to land the ball in the opponent's service box, therefore not starting the point.

**GROUNDSTROKE**- Forehand or backhand shot that is executed after the ball bounces once on the court.