

PHYS ED WORD WALL

Aa



Athlete

A person who performs at a sport or fitness skill at a high level to the best of their ability.

Attitude

A positive attitude is a state of mind where you view the world in a healthy manner.

Activity

Bb



Balance

The ability to remain steady while supporting yourself.

Basketball

A game in which an individual or team tries to score a basket by getting a ball

Baseball

A game played on a diamond field in which a team must get a player to run around b

Cc



Compete

When one individual or team tries to reach an objective before the opposition.

Challenge

Accepting a contest or competition.

Control

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HOW TO USE THIS RESOURCE

Welcome to our Phys Ed Word Wall! This resource was designed to help Physical Education teachers reinforce important fitness, sports, and health related topics with their students. Inside, you'll find 26 printable Letter Cards covering A through Z. For each Letter Card, we have 5 Word Cards featuring PE-related words. For each word, a simple definition is provided for the benefit of your students.

To get started, print out the Letter Cards and Word Cards you would like to display on regular 8.5 x 11 paper. Next, use scissors to cut out the individual Word Cards (there are 5 on each page). Then laminate each one so it can be re-used without damage.

Post the Letter Cards on your wall or bulletin board. Place one or more Word Cards directly below each Letter Card. You can simply use them to decorate your space. Or integrate the Cards into your PE and Health activities!

Here are a few ideas:

OOPS!

Put all the laminated Word Cards into a box. Along with a few cards that just say "OOPS!" The children sit in a circle and take a word from the box. If they can read the word (and definition) out loud, they get to keep it. If they cannot, the word is returned to the box. If they pull an "OOPS!" Card, all the cards they have collected so far must be returned to the box. The child with the most cards at the end of the game wins.

PE Charades

Put all the laminated Word Cards into a box. Divide your class into two teams. One child from a team picks out a card from the box. They then have 30 seconds to act out the word while their team tries to guess what it is. Correct guesses earn a point for your team. The team with the most points wins.

Cheer Contest

Divide your class into several teams. Each team is given one Word Card. They must come up with a creative cheer or chant that spells out the word. Encourage them to act out the word using movement, dance and actions.

PE Memory

Print and laminate duplicate copies of 10 Word Cards (you will have 20 total cards). Place them face down on the floor in a 5 x 4 grid. Divide your class into two or more teams and place them at the opposite end of the gym.

To start the game, the first student on each team runs up to the grid and turns over 2 cards. If they match, the student gets to keep those cards for their team. If not, they turn the cards back to face down and return to their line, allowing the next student to go. Continue until all the duplicate cards have been located. The team with the most cards in their possession wins. You can mix up this activity by changing the locomotor (ie. Crab walk, hopscotch, skip), or adding a sports skill (ie. dribble a basketball or soccer ball).

20 Questions

Pick one word from the word wall but don't tell your students what it is. Students ask questions, one at a time, to try and determine which word you have chosen. After learning how to play, you can break the class up into smaller groups or pairs and have them play on their own.

PE Hangman

Pick one word from the word wall but don't tell your students what it is. Draw a "fill in the blanks" line for each letter of the word. Students begin guessing one letter at a time. If the letter is in your word, fill in the blank. If it's not, draw one part of the hangman's body. The students win if they can guess the word before you finish drawing the hangman. After learning how to play, you can break the class up into smaller groups or pairs and have them play on their own.

Aa



Athlete

A person who performs at a sport or fitness skill at a high level to the best of their ability.

Attitude

A positive attitude is a state of mind where you view the world in a healthy manner.

Activity

Using your muscles to perform movement skills.

Ambitious

Having high expectations or achievement.

Achieve

The ability to reach a goal in a task.

B B



Balance

The ability to remain steady while supporting yourself.

Basketball

A sport in which an individual or team tries to score a basket by getting a ball through a hoop.

Baseball

A sport played on a diamond field in which a team must get a player to run around bases to score a run.

Bounce

The ability to move an object up and down steadily while keeping control of the object.

Bike

A device with wheels in which an individual must balance themselves while peddling to move the device forward.

C C



compete

When one individual or team tries to reach an objective before the opposition.

challenge

Accepting a contest or competition.

catch

When an object such as a ball or disc comes at you and you stop it with your hands to control it.

coach

An individual or teacher who teaches and guides his/her players to perform at high levels in a sport.

concentrate

The ability to focus on the task at hand.

Dd



Dribble

Moving a ball under control in such sports as basketball or soccer.

Develop

Improving at a skill through practice and hard work.

Desire

Being self motivated to improve at a skill.

Dance

A performing art in which an individual moves their body in rhythm through space.

Drive

The desire to be better at a skill.

EE



Endurance

The ability to maintain and sustain energy for an extended period of time.

Energy

Stored in the body to create and sustain motion.

Excel

The ability to be proficient in an activity.

Exercise

A physical activity used to improve physical and mental levels.

Explode

In sport, the ability to move fast to perform a skill at a higher level.

F f



Football

A sport in which two teams compete to get a ball into a goal area to receive points.

Finish

The ability to complete the task at hand without quitting

Fitness

The condition of being physically fit.

Floor Hockey

The game of hockey played on a floor rather than ice where the object is to score more goals than the other team.

Fencing

A sport where there is fighting with swords.

G G



Golf

A sport in which an individual uses a club to hit a ball into a hole.

Goalie

An individual in a sport who has to stop an object from entering a goal.

Gymnastics

A sport that includes physical exercises requiring balance, strength, flexibility, agility, coordination, and endurance.

Greatness

The ability of an individual or team to achieve success at high levels.

Game

A form of play or sport.

H h



Home Run

In the sports of baseball, softball or kickball, an individual hits the ball over a fence to receive a point.

Hydrate

Maintaining proper levels water in their body.

Hoops

Another way to describe the game of basketball.

Hula Hoop

A circular object with a hollow center used to twirl around the waist and other limbs as a form of fitness.

Hike

Walking for an extended period of time through the elements such as mountains or woods.

I

i



Integrity

A individual who is honest with good morals.

Ice Hockey

A sport where there are two teams skating with sticks with the objective of scoring more goals than their opponent.

Intensity

Competing at a level where an individual is strong and achieves high levels of effort.

Ice Skating

A sport in which individuals wear a special shoe on their foot that allows them to move around quickly on ice competing in various skills.

Influence

The ability of an individual to be a positive role model and motivate other to achieve greatness.

J j



Jump

The ability to lift and thrust oneself into the air using the leg muscles.

Jog

The ability to run at a slow pace for an extended period of time.

Juggle

Tossing a number of objects simultaneously into the air multiple times without letting them hit the ground.

Javelin

A spear like object thrown for distance in a track and field competition.

Jump Shot

A type of shot in basketball where the individual jumps in the air to release the ball in an effort to make a basket.

K K



kick

To strike an object with your foot such as a ball.

karate

An Asian sport of unarmed combat using the hands and feet to deliver and block blows.

kettlebell

An exercise device with a cast iron or steel ball and a handle attached to the top.

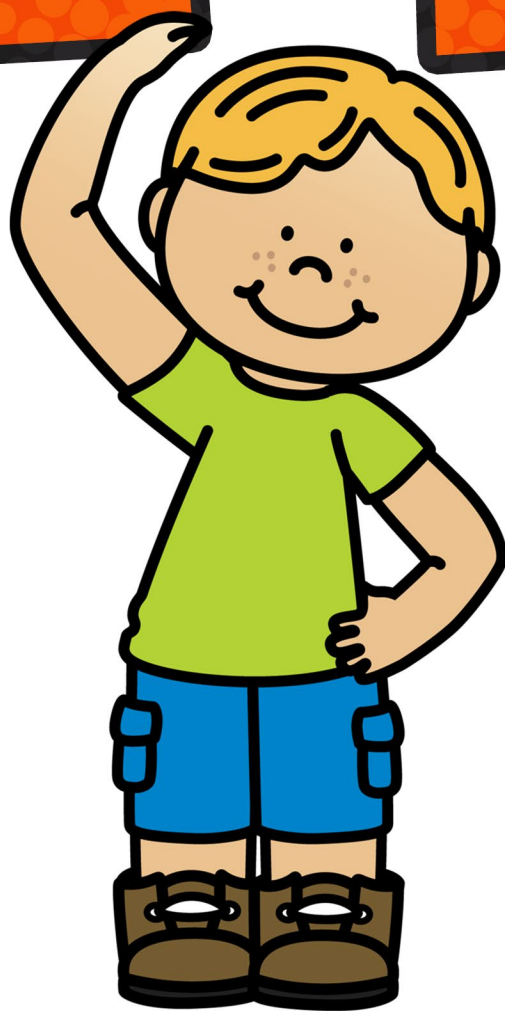
kindness

Being nice to someone through random acts that others appreciate.

keep safe

The ability to play a sport or participate in an exercise where safety is the number one objective.

L L



Leader

The ability to be a positive role model that others respect and follow.

League

A group of teams which compete over a period for a championship.

Lunges

An exercise where one leg is positioned forward with knee bent and foot flat on the ground while the other leg is not positioned behind.

Lacrosse

A team sport where players use a netted stick with the objective of getting a ball into a goal.

Long Jump

The ability to thrust and jump forward as far as you can.

Mm



Move

The ability to transfer your body in a specified direction.

Muscle

A part of the human body known for power and the ability to move an object.

Meditate

To focus one's mind for a period of time.

Marching

Walking in a fast motion where the knees raise up higher than normal.

Mountain Biking

Biking off road through rugged terrain.

Mn



Nutrition

Eating nutritiously for proper growth and development.

Nurse

An individual who is trained to help those who are hurt or sick.

Nordic Skiing

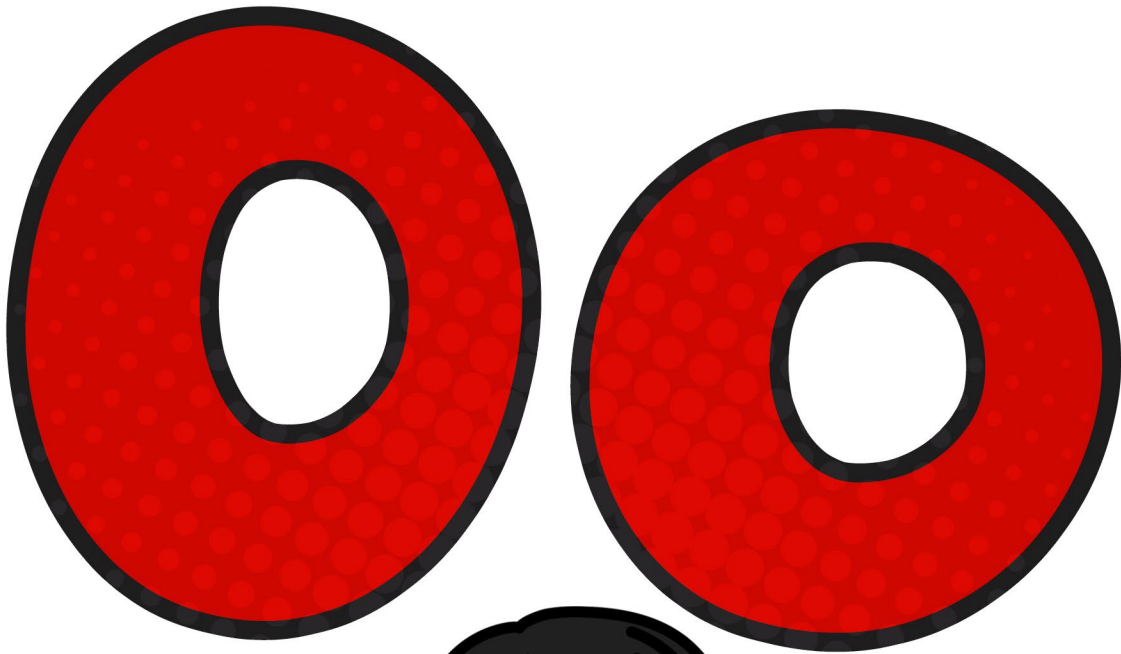
Traveling over snow with the use of skis.

Nourish

The act of eating healthy where an individual is consuming foods rich in vitamins and minerals.

Navigate

The ability to control movement where the individual is in control of direction.



Offense

Takes place in a sport when one group is trying to score a point on the opposing defense.

Official

A referee.

Olympics

Takes place every 2-4 years.

Overtime

When a game ends up in a tie during regulation it must extend time in an effort to get a winner.

Obstacle course

A race where competitors navigate through various challenges or obstacles.

P P



Play

To engage in a fun, physical or cognitive activity.

Pass

The ability to throw an object such as a ball to another individual.

Power

The ability to perform a skill with great force.

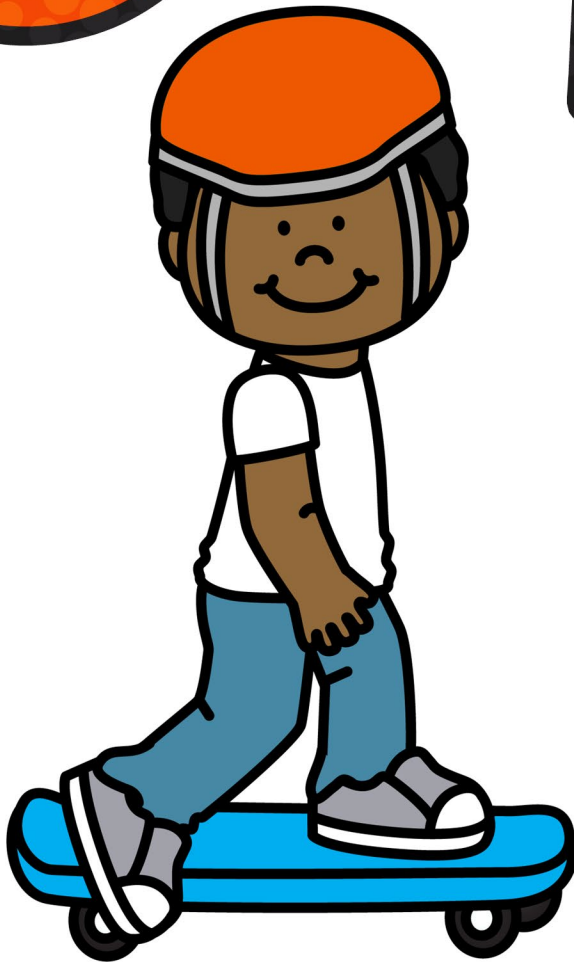
Perform

The ability to complete a skill.

Practice

The ability of an individual to perform a skill repeatedly in an effort to improve their proficiency.

Qq



Quality

To perform a skill at a high standard.

Never Quit

The ability to perform a skill as best as you can without giving up.

Quick

The ability to move fast.

Quadriceps

A large muscle group located in the upper leg.

Quarterback

In American Football, the player who lines up behind the center and directs the team's offensive plays.

R R



Race

When two or more competitors move quickly to a finish line in an effort to see who arrives first.

Rebound

In the sport of basketball, a player grabs the ball after a missed shot.

Repetition

Performing a skill over and over again in an effort to improve.

Resistance

An exercise where you push, pull, or otherwise try to work against some type of force.

Routine

Participating in sport or exercise on a regular or daily basis.

S S



Score

In sports, score is a measurement of who received points in an effort to declare a winner.

Speed

The ability of an individual to move fast.

Sit-ups

An exercise that is used to strengthen the abdominal muscles.

Stretch

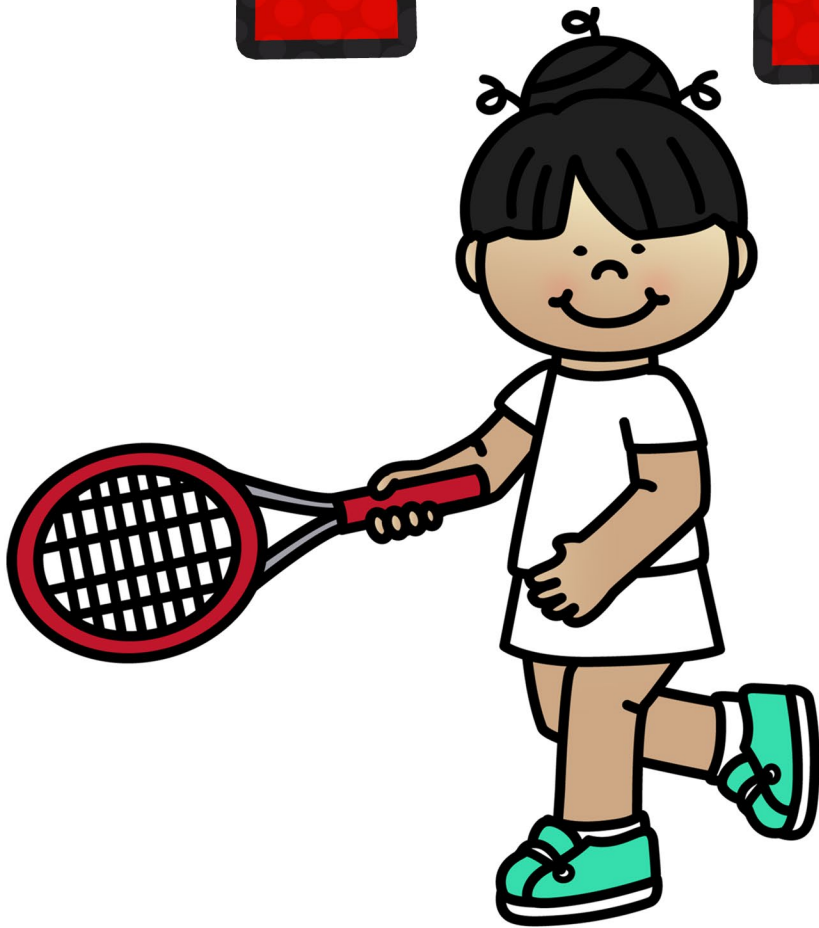
The act of bending one's limbs or body which is used for a warm up or in activities such as Yoga.

Strength

The state of being physically strong.

T

t



Tennis

A sport with a racket and ball where competitors must hit the ball over the net at an opponent.

Technique

A skillful or efficient way of doing or achieving something.

Teammate

A person in your group with the same goals as you.

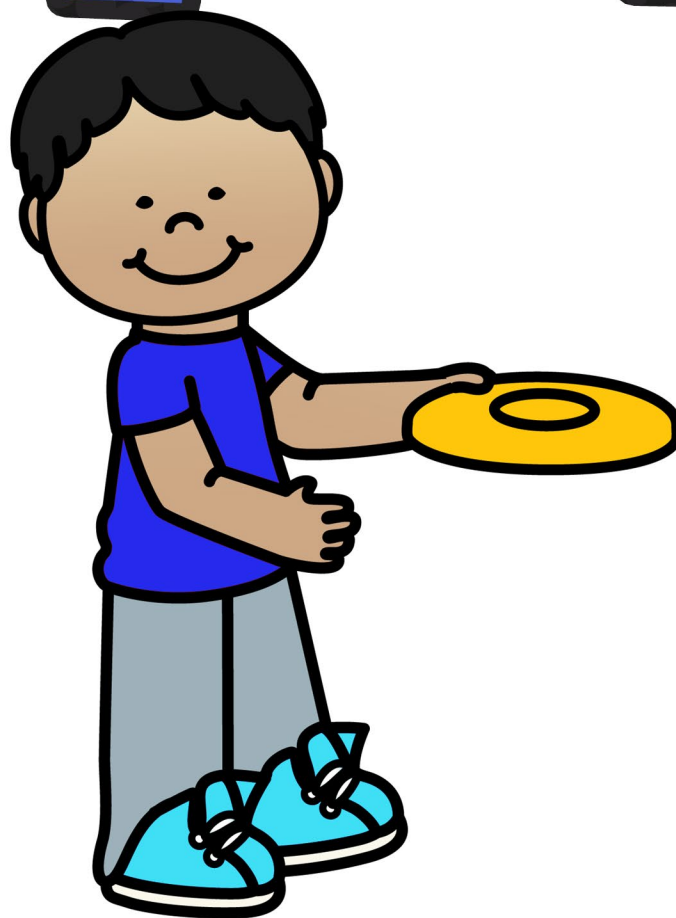
Tackle

A term in various sports such as football where one opponent tries to bring another opponent down to the ground.

Target

In sports, a target is a goal which other objects are aimed at.

W W



Unite

To work together as a group or team.

Ultimate Frisbee

A sport in which two teams compete to get a disc into a goal area for a point.

Uneven Bars

An apparatus used in a gymnastic competition.

Umpire

An individual who is a referee in such sports as baseball or softball.

Unicycle

A bike with one wheel that requires an individual to balance oneself while peddling.

V V



Victory

When an individual or team wins at a sport or when a person reaches a personal goal or objective.

volleyball

In the sport of basketball, a player grabs the ball after a missed shot.

Vigorous

Being strong, healthy and full of energy.

Vault

An apparatus used for competition in gymnastics.

Vertical Leap

An athlete's ability to jump high off the ground.

W W



Winning

To obtain victory in a contest.

Warm-up

The art of getting ready for physical activity through a light workout or stretching.

Workout

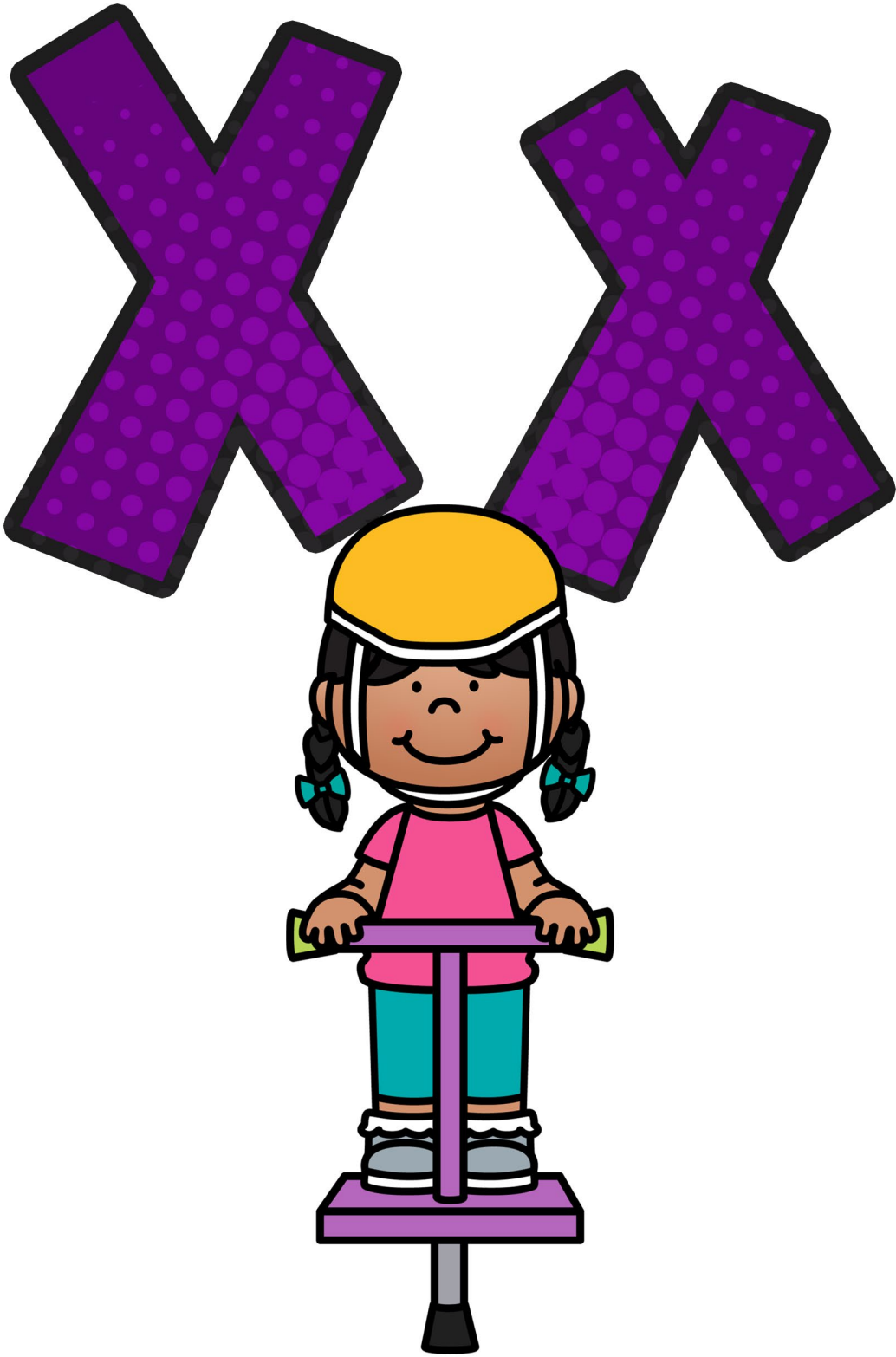
A session of training and practice for a sport or exercise period.

Weights

Typically a round piece of metal used as a resistance during an exercise session.

Wide Receiver

In American Football, an offensive player who is mostly used as a pass catcher.



Xc Skiing

Refers to cross country skiing where an individual travels a distance on skis.

Excitement

A positive attitude when it comes to physical activity.

Excellence

Setting the bar high when it comes to taking pride in physical activity.

Xc Running

Cross-country running where the runner strides across natural landscapes.

Examination

Visiting your pediatrician annually is important to maintaining a healthy lifestyle.

Y Y



Yoga

A spiritual discipline which includes proper breathing, meditation, relaxation and body postures helping the individual maintain good health.

Yards

A term used in American Football measuring how the ball progressed in distance.

Youthful

Exercise, along with proper sleep, hydration and diet help an individual remain young looking.

Yo-yo

A toy that requires an individual to move the object up and down under control.

Yellow card

In soccer, a penalty given for serious on-field offenses.

11



Zig Zag

The ability to move right, left, right and left.

Zone

When an individual is in the zone, they are focused and determined to give their best effort.

Zone Defense

A defensive strategy used in team sports, where defenders guard an area instead of an opposing player.

Zoom

To move or travel quickly.

Zumba

A form of dance that is aerobic in nature.