

Athletics Mastery: Year 5 Performance Vocabulary

Learning objective: To develop a sophisticated technical vocabulary for describing physical performance, movement patterns, and competitive athletics.

Key Vocabulary

Use this reference mat to refine your descriptions of athletic movement. The terms are categorised into 'Technique and Form', 'Physics of Movement', and 'Competition and Strategy'. Refer to these when evaluating your own performance or that of your peers.

Technique and F... 1. Acceleration: The rate...	Physics of Move... 6. Biomechanics: The st...	Competition and ... 12. Anaerobic: Physical...
Explain why 'sta...	Compare and con...	What might happ...
Justify why a spr...	How does 'pacing...	Evaluate the imp...