

Mastering Ball Skills: Year 5 PE Vocabulary Mat

Learning objective: To develop a sophisticated understanding of ball control, tactical movement, and spatial awareness in team sports.

Key Vocabulary

Use this vocabulary mat to refine your technical language during PE lessons. The terms are categorised by physical movement, tactical play, and control techniques.

Agility The ability to change direction and s...	Spatial awareness The understanding of w...	Trajectory The curved path a ball follows thr...
Velocity The speed of the ball in a specific di...	Dribbling Moving the ball using a series of s...	Pivoting Turning on one foot while keeping t...
Intercepting Stealing the ball from an oppon...	Defensive stance A low, balanced body posi...	Communication Using clear verbal or non-v...
Accuracy The precision with which a player ...	Possession The duration for which a team o...	Tactical positioni... Moving into specific ar...
Ball manipulation The skill of controlling the...	Reaction time The speed at which a player ...	Co-ordination The smooth and efficient mo...
Explain why main...	Compare and con...	Justify your ans... Does 'spatial awareness'...
What might happ...	How does clear '...	Design a drill for ...