

Speed - Speed is defined as the ability to **move** a body part **quickly**. For example, when playing golf, the speed of your arms and upper body in creating the swing are vital in driving the ball over a long distance.

Power - is the product of **strength** and **speed**. When we perform a task as quickly and as forcefully as we can, the result is powerful. For example, a sprint start, a shot-put or javelin throw or long-jump.

Agility - Being agile is all about being able to change your **direction** and the **speed** at which you are travelling, **quickly** and **efficiently**. This is common in sports such as football and rugby where the player with the ball dodges a defender, or in badminton or tennis, moving around the court quickly to reach the shuttlecock/ball in time.

Reaction time - Reaction time is how **quickly** your **brain** can **respond** to a **stimulus** and **initiate** a response. This is important in most sports. The most obvious being responding to the gun at the start of a race, but also a goalkeeper saving a penalty, or a badminton player reacting to a smash shot. The examples in sport are endless!

Coordination - is the ability to use the **body parts** and **senses** together to produce **smooth** **efficient** movements. We have all seen someone who is uncoordinated, their movement looks awkward and shaky. Being co-ordinated is vital in all sports, for example, hand-eye coordination in racket sports.



Tier 3 Vocabulary	Speed Initiate Strength Senses Stimulus Coordination Efficient
Tier 2 Vocabulary	Direction Quickly Respond Body Parts Movement Travelling