

P.E Vocabulary

Basic vocabulary

Referee = arbitre
Linesman = arbitre de touche
Half time = la mi-temps
Break = pause
Ground = terrain
Player = joueur
Substitute = remplaçant
To warm up = s'échauffer
To improve one's record = améliorer son record
To score = marquer (points)
To score/ lose points : marquer/ perdre des points
One all ! = un partout
To win = gagner
To lose = perdre
To be level = être à égalité
Attacker = attaquant
Defender = défenseur
Team = équipe
To draw up the teams = former les équipes

Orders

Sit down quietly = Asseyez vous calmement.
Wait = Attendez
Is everybody ready ? = Tout le monde est-il prêt ?
Listen to the orders. = Ecoutez les consignes.
Listen to the rules. = Ecoutez les règles.
Look at me! = Regardez-moi !
Get into pairs (teams of three...) = Mettez vous par deux...
Count the points. = Comptez les points.
Write your score. = Ecrivez votre résultat.

Advice

Slow down ! = Ralenti !
Don't give up ! = N'abandonne pas !
Go on ! = Continue !
Speed up ! = Dépêche toi !
You're out ! = Tu sors !
Watch out ! = Attention !
Keep cool, it's only a game ! = Reste calme, ce n'est qu'un jeu !
Winning by cheating is unfair ! = Gagner en trichant est injuste.
Congratulations ! = Félicitations !
Well done ! = C'est bien !

WALK !

CRAWL !

JUMP !

RUN!



Ball Games

To shoot = tirer
To cut out = intercepter
To dummy = feinter
Goal = gardien
Goal area = surface du gardien
To mark = marquer un adversaire
To pass the ball = faire une passe

Wrestling games

To catch = attraper
To push = pousser
To pull = tirer
To crush = écraser
To lift up = soulever
To fall = tomber
To pin down to the ground = terrasser
To immobilize = immobiliser
Balance = équilibre
To keep the balance = garder son équilibre

Equipment

Mat = tapis de sol
Cone = cône
Ball = ballon
Balls = balles
Hoop = cerceau
Scarf = foulard
Ribbon = ruban
Stick = bâton
Rope = corde
Skipping rope = corde à sauter
Bench = banc
Net = filet

Athletics

To throw = lancer
To aim = viser
Aim = une cible
To hit = toucher
To go over the line = mordre la ligne
Starting / Finishing line = ligne de départ d'arrivée
A lap = un tour
The baton : le témoin
A lane = un couloir
On your marks, get set, go ! =
A vos marques, prêts, partez !

Actions

To stand up = se lever
To sit down = s'asseoir
To jump = sauter
To hop = sauter à cloche pied
To run = courir
To walk = marcher
To crawl = ramper
To turn around = tourner autour
To turn back = faire demi-tour
To whirl = tourner
To kneel down = s'agenouiller
To lie down = s'allonger
To stretch up = s'étirer
To change direction = changer de direction

Movements

To take a step = faire un pas
Small = petit
Big / Large = gros / grand
Noisy = bruyant
Silent = silencieux
Stiff = raide
Limp = atonique
Quick = rapide
Slow = lent
Heavy = lourd
Light = léger