

Glossary of sport

Ball Games:

- **Badminton** is a racquet sport played using racquets to hit a shuttlecock across a net.
- **Baseball** is a bat-and-ball game played between two opposing teams, typically of nine players each, that take turns batting and fielding.
- Basketball is a team sport in which two teams, most commonly of five players each, opposing one another on a rectangular court.
- **Basque pelota** is the name for a variety of court sports played with a ball using one's hand, a wooden bat or a basket, against a wall or, more traditionally, with two teams face to face separated by a line on the ground or a net.
- **Bowling** is a target sport and recreational activity in which a player rolls a ball toward pins (in pin bowling) or another target (in target bowling).
- **Cricket** is a bat-and-ball game played between two teams of eleven players on a field at the centre of which is a 22-yard (20-metre) pitch with a wicket at each end, each comprising two bails balanced on three stumps. The game proceeds when a player on the fielding team, called the bowler, "bowls" (propels) the ball from one end of the pitch towards the wicket at the other
- **Football** is a family of team sports that involve, to varying degrees, kicking a ball to score a goal.
- **Hockey** is a sport in which two teams play against each other by trying to manoeuvre a ball or a puck into the opponent's goal using a hockey stick. There are many types of hockey such as bandy, field hockey, ice hockey and rink hockey.
- **Handball** (also known as team handball, European handball or Olympic handball)[3] is a team sport in which two teams of seven players each (six outcourt players and a goalkeeper) pass a ball using their hands with the aim of throwing it into the goal of the other team.
- **Golf** is a club-and-ball sport in which players use various clubs to hit balls into a series of holes on a course in as few strokes as possible.
- **Padel** is a racquet sport. It is different from the sport known in the US and Canada as paddle tennis.
- **Volleyball** is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

- **Pétanque** is a sport that falls into the category of boules sports, along with ruffa, bocce, boule lyonnaise, lawn bowls and crown green bowling. In all of these sports, players or teams play their boules/balls towards a target ball.

By Emmanuel y Mariá

Water sports:

- **Sailing**, the practice of navigating a sail-powered craft on water, ice, or land
- **Artistic or synchronised swimming** consists of swimmers performing a synchronised routine of elaborate moves in the water, accompanied by music.
- **Swimming**, including pool swimming and open water swimming
- **Kayaking**, the use of a kayak for moving across water
- **Rafting**, recreational outdoor activities which use an inflatable raft to navigate a river or other body of water
- **Water polo** is a sport of two teams played in water with a ball
- **Surfing**, a sport where an individual uses a board to stand up and ride on the face of a wave
- **Rowing**, a sport that involves propelling a boat (racing shell) on water, using oars
- **Diving**, the sport of jumping off springboards or platforms into water

Mountain sports:

- **Mountain biking:** Considered a risk sport with 'mountain bike'. It is carried out on narrow roads, with steep slopes and with important descents. It is a beautiful activity as well as exciting, due to the impossible climbs and the impressive landscapes that we can see on our pedal tour.
- **Trail Running:** It consists of running on trails through the mountain. You will cross streams, rivers, steep descents, and so on. In short: a race in a natural environment, with the minimum of paved routes. In its longer distance version, it is called 'ultra-trail running'. It requires a lot of physical demand because on the way one meets different types of terrain.
- **Canyoning:** It is a sports practice consisting of the progression through canyons or ravines, stream beds or mountain rivers, on foot and / or swimming. A full-fledged adventure sport!
- **Hiking:** It is a non-competitive mountaineering specialty, which consists of walking routes on foot, on paths approved by the organizations of each country or region. Its objective is to enter the natural environment with trails and traditional communication routes. In short: a mix of culture, environment and physical exercise.
- **Trekking:** It is a hiking specialty but it requires more effort, in addition to walking through places without trails that we can find in the mountains, canyons and forests. Something like a more 'hard' hiking.
- **Climbing:** Climbing is considered any climb up a steep slope, whether simple or complicated. We will use our strength, both physical and mental. In climbing there are different levels, as there are heights that carry considerable risk. In addition, there are many types: classic, alpine, ice, and a long etcetera. To carry out a climb, we will need protective equipment.
- **Mountaineering:** It is the oldest of the mountain sports modalities. It is the action of ascending peaks, either for the illusion of reaching a summit or simply to enjoy the landscape that we have before us.
- **Skiing:** It is a winter mountaineering discipline, in which, with the help of skis, we will go up and down mountains. They say that it is one of the most complete sports that exist, since you work your whole body while doing it.

By Kelly y Lidia

Contact sports:

- ★ **Boxing:** Combat sport in which two people of the same weight category fight each other by hitting each other with their fists, using special gloves and following specific rules.
- ★ **Kickboxing:** it is a combat sport of Japanese origin and developed in the West, in which boxing techniques are mixed with the kicking techniques of some martial arts such as karate and Muay Thai.
- ★ **Canarian wrestling:** it is an opposition sport in which one of the two fighters tries to knock down the other, he must touch the ground with any part of his body except with the sole of the foot.
- ★ **Jujutsu:** Unarmed combat system, of Japanese origin, in which two combatants fight hand-to-hand, making holds and striking with their hands, elbows and feet; it is practiced as a form of combat but has no sporting application.
- ★ **Karate:** Unarmed combat system of Japanese origin, today practiced mainly as a sport, in which two combatants fight with the aim of knocking down the other by means of dry blows given with the edge of the hands, elbows and feet.
- ★ **Judo:** Unarmed combat system, of Japanese origin, they fight hand-to-hand with the aim of knocking down and immobilizing the opponent on the ground, taking advantage of his strength and momentum.
- ★ **MMA:** they are the combination of techniques from different martial arts and combat sports, it is used for competition in combat sports but also for personal defense.
- ★ **Freestyle wrestling:** fighting modality in which certain blows and holds below the waist are allowed.
- ★ **Taekwondo:** Unarmed combat system, of Korean origin in which two contestants use dry blows given with their fists and feet and in which jumping techniques have been developed.
- ★ **Fencing:** Sport in which two people protected with a special mask and suit face each other using the sword, the saber or the foil, the one who first manages to touch the opponent with the weapon a certain number of times wins.