What's the Block naming referring to?

Tags that are placed in the <body> tag.

What are the tags usually considered as Blocks named tags?

The <header>, <footer>, <section>, <form action="" method="">, <article> tags and etc.etc.

What's the name we give these tags?

A normal CSS name. Example:

<header class="upper-bar">

</header>

Note : A Block tag inside another Block tag in no longer considered for a Block class name, Rather it's given an Element class name.