**Key Stage 3**

**Physical Education Spelling Lists**

**Year 7 & 8 Practical – Team Sports**

|  |  |  |  |
| --- | --- | --- | --- |
| **Football** | **Rugby** | **Hockey** | **Handball** |
| Ball ControlPassing Dribbling ShootingDominantHeadingTacklingJockeyingAttacking DefendingDominantInterceptionsMarkingStrategyTacticsRulesRegulations | Ball HandlingBall ControlPassingReceivingAttackingTacklingContactRulesRegulationsStationaryMovingDominantScoringFeintDummyStrategyTacticsRules Regulations | Ball ControlPassingPushSlapHitReceivingReverseOpen dribblingIndian dribblingShootingBlock TacklingMarkingAttacking DefendingStrategyTacticsRules Regulations | Ball ControlPassingSideBounceShoulderDribblingJump ShotStriding jump shotDefendingAttackingMarkingProtect the DDodgingStrategyTacticsRulesRegulations |

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| **Netball** | **Rounders** | **Cricket** | **Softball** |
| Ball HandlingPassing ChestShoulderOverheadBounceFootworkPivotShootingReboundingAttacking DefendingInterceptionsMarkingDodgingStrategyTacticsRulesRegulations | ThrowingOverarmCatchingBattingFieldingUnderarm bowlingLong barrierShort barrierObstructionBackward HitBackstopStrategyTacticsRules Regulations | ThrowingOverarmCatchingBattingDrive shotPull shotCross-batted shotsWicketsWicket KeeperFieldingLong barrierShort barrierBowlingStrategyTacticsRules Regulations | ThrowingOverarmCatchingBattingBackswingFieldingBowlingLong barrierShort barrierBackstopStrategyTacticsRules Regulations |

**Key Stage 3**

**Year 7 & 8 Practical – Individual Sports**

|  |  |  |  |
| --- | --- | --- | --- |
| **Badminton** | **Dance** | **Gymnastics** | **Table Tennis** |
| GripForehandBackhandServeCourtOverhead ClearSmashDrop shotNet playFlick DriveLiftSinglesDoublesScoringShot SelectionStrategyTacticsRulesRegulations | RhythmBeatTempoSpaceStimulusPathwaysMirroringMatchingGesturesFlowJumpsTurnsChoreographyReplicationPerformanceUnisonCannonDynamicsFormationLevelsPathwayEmotionFeedbackMusicality | Travel – feet, handsJumpingSafetyBody TensionAestheticBalances – patch, point, partnerRolling – forward, backward, teddy bear, Shapes – straight, tuck, straddle, pike, dish, archFlightSequenceRoutineCounterbalanceCountertensionSynchronisationControlAccuracySpeedFeedbackPerformance | GripForehandBackhandPushLoopDriveBlockLobBackspinTopspinServeFootworkAttackDefenceSinglesDoublesScoringShot SelectionStrategyTacticsRulesRegulations |

|  |  |  |  |
| --- | --- | --- | --- |
| **Athletics - Running** | **Athletics - Jumping** | **Athletics - Throwing** | **Tennis** |
| SprintingMiddle distanceSprint startPostureTechniqueDynamicStride patternPacingRelayBaton changeoverBend RunningBreathingFinishingDippingStrategyTacticsRulesRegulations | SpeedPowerTake offApproachRun upFlightLandingVelocitySynchronisationLong JumpTriple JumpHop, Step, JumpControlStrategyTacticsRules Regulations | Shot PutDiscusJavelinGripRun upTransfer of weightAngle of releaseT shapeToe, Knee, ChinPowerTechniqueTwist of hipsStrategyTacticsRules Regulations | GripForehandBackhandBackspinTopspinServeVolleyDrop shotFootworkAttackDefenceSinglesDoublesScoringShot SelectionStrategyTacticsRulesRegulations |

**Year 7 Theory**

|  |  |  |
| --- | --- | --- |
| **Christmas 1 – Warm Up and Cool Down** | **Christmas 2 - Muscles** | **Easter 1 - Bones** |
| Pulse RaiserMobilityStatic stretchesDynamic MovementSkill RehearsalLow intensity exercise | QuadricepsHamstringsGastrocnemiusGlutealsDeltoidTrapeziusLatissimus DorsiPectoralsAbdominals | CraniumVertebraePelvisClavicleScapulaRibsSternumHumerusUlnaRadius | FemurPatellaTibiaFibulaCarpalsMetacarpalsPhalangesTarsalsMetatarsals |
| **Easter 2 – Components of Fitness** | **Summer 1 – Joints and Movements at Joints** |
| AgilityBalanceCo-ordinationCardiovascular EnduranceMuscular EnduranceFlexibilitySpeedStrengthPowerReaction Time | HingeElbow KneeBall and SocketHipShoulderFlexionExtensionAbductionAdductionRotationCircumduction |

**Year 8 Theory**

|  |  |  |
| --- | --- | --- |
| **Christmas 1 – Warm Up/Cool Down & Short Term Effects of Exercise** | **Christmas 2 – Muscles & Movement** | **Easter 1 – Skeletal System** |
| Pulse RaiserMobilityStatic stretchesDynamic MovementSkill RehearsalLow intensity exerciseHeart RateStroke VolumeCardiac OutputBody TemperatureBreathing Rate | QuadricepsHamstringsGastrocnemiusGlutealsDeltoidTrapeziusLatissimus DorsiPectoralsAbdominals | AgonistAntagonistFixatorAntagonistic Muscle Pair | CraniumVertebraePelvisClavicleScapulaRibsSternumHumerusUlnaRadius | FemurPatellaTibiaFibulaCarpalsMetacarpalsPhalangesTarsalsMetatarsalsHingeBall & Socket | ProtectionProduction of red blood cellsPostureMovementMineral StorageSupport |
| **Easter 2 – Types of Training** | **Summer 1 – Principles of Training** |
| CircuitContinuousHigh Intensity Interval TrainingIntervalPlyometricsFartlekWeight | SpecificityProgressionOverloadReversibilityFrequencyIntensityTimeType |