**Key Stage 3**

**Physical Education Spelling Lists**

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

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| **Football** | **Rugby** | **Hockey** | **Handball** |
| Ball Control  Passing  Dribbling  Shooting  Dominant  Heading  Tackling  Jockeying  Attacking  Defending  Dominant  Interceptions  Marking  Strategy  Tactics  Rules  Regulations | Ball Handling  Ball Control  Passing  Receiving  Attacking  Tackling  Contact  Rules  Regulations  Stationary  Moving  Dominant  Scoring  Feint  Dummy  Strategy  Tactics  Rules  Regulations | Ball Control  Passing  Push  Slap  Hit  Receiving  Reverse  Open dribbling  Indian dribbling  Shooting  Block Tackling  Marking  Attacking  Defending  Strategy  Tactics  Rules  Regulations | Ball Control  Passing  Side  Bounce  Shoulder  Dribbling  Jump Shot  Striding jump shot  Defending  Attacking  Marking  Protect the D  Dodging  Strategy  Tactics  Rules  Regulations |

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| **Netball** | **Rounders** | **Cricket** | **Softball** |
| Ball Handling  Passing  Chest  Shoulder  Overhead  Bounce  Footwork  Pivot  Shooting  Rebounding  Attacking  Defending  Interceptions  Marking  Dodging  Strategy  Tactics  Rules  Regulations | Throwing  Overarm  Catching  Batting  Fielding  Underarm bowling  Long barrier  Short barrier  Obstruction  Backward Hit  Backstop  Strategy  Tactics  Rules  Regulations | Throwing  Overarm  Catching  Batting  Drive shot  Pull shot  Cross-batted shots  Wickets  Wicket Keeper  Fielding  Long barrier  Short barrier  Bowling  Strategy  Tactics  Rules  Regulations | Throwing  Overarm  Catching  Batting  Backswing  Fielding  Bowling  Long barrier  Short barrier  Backstop  Strategy  Tactics  Rules  Regulations |

**Key Stage 3**

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

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| **Badminton** | **Dance** | **Gymnastics** | **Table Tennis** |
| Grip  Forehand  Backhand  Serve  Court  Overhead Clear  Smash  Drop shot  Net play  Flick  Drive  Lift  Singles  Doubles  Scoring  Shot Selection  Strategy  Tactics  Rules  Regulations | Rhythm  Beat  Tempo  Space  Stimulus  Pathways  Mirroring  Matching  Gestures  Flow  Jumps  Turns  Choreography  Replication  Performance  Unison  Cannon  Dynamics  Formation  Levels  Pathway  Emotion  Feedback  Musicality | Travel – feet, hands  Jumping  Safety  Body Tension  Aesthetic  Balances – patch, point, partner  Rolling – forward, backward, teddy bear,  Shapes – straight, tuck, straddle, pike, dish, arch  Flight  Sequence  Routine  Counterbalance  Countertension  Synchronisation  Control  Accuracy  Speed  Feedback  Performance | Grip  Forehand  Backhand  Push  Loop  Drive  Block  Lob  Backspin  Topspin  Serve  Footwork  Attack  Defence  Singles  Doubles  Scoring  Shot Selection  Strategy  Tactics  Rules  Regulations |

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| **Athletics - Running** | **Athletics - Jumping** | **Athletics - Throwing** | **Tennis** |
| Sprinting  Middle distance  Sprint start  Posture  Technique  Dynamic  Stride pattern  Pacing  Relay  Baton changeover  Bend Running  Breathing  Finishing  Dipping  Strategy  Tactics  Rules  Regulations | Speed  Power  Take off  Approach  Run up  Flight  Landing  Velocity  Synchronisation  Long Jump  Triple Jump  Hop, Step, Jump  Control  Strategy  Tactics  Rules  Regulations | Shot Put  Discus  Javelin  Grip  Run up  Transfer of weight  Angle of release  T shape  Toe, Knee, Chin  Power  Technique  Twist of hips  Strategy  Tactics  Rules  Regulations | Grip  Forehand  Backhand  Backspin  Topspin  Serve  Volley  Drop shot  Footwork  Attack  Defence  Singles  Doubles  Scoring  Shot Selection  Strategy  Tactics  Rules  Regulations |

**Year 7 Theory**

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| **Christmas 1 – Warm Up and Cool Down** | **Christmas 2 - Muscles** | **Easter 1 - Bones** | |
| Pulse Raiser  Mobility  Static stretches  Dynamic Movement  Skill Rehearsal  Low intensity exercise | Quadriceps  Hamstrings  Gastrocnemius  Gluteals  Deltoid  Trapezius  Latissimus Dorsi  Pectorals  Abdominals | Cranium  Vertebrae  Pelvis  Clavicle  Scapula  Ribs  Sternum  Humerus  Ulna  Radius | Femur  Patella  Tibia  Fibula  Carpals  Metacarpals  Phalanges  Tarsals  Metatarsals |
| **Easter 2 – Components of Fitness** | **Summer 1 – Joints and Movements at Joints** | | |
| Agility  Balance  Co-ordination  Cardiovascular Endurance  Muscular Endurance  Flexibility  Speed  Strength  Power  Reaction Time | Hinge  Elbow  Knee  Ball and Socket  Hip  Shoulder  Flexion  Extension  Abduction  Adduction  Rotation  Circumduction | | |

**Year 8 Theory**

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| **Christmas 1 – Warm Up/Cool Down & Short Term Effects of Exercise** | **Christmas 2 – Muscles & Movement** | | **Easter 1 – Skeletal System** | | |
| Pulse Raiser  Mobility  Static stretches  Dynamic Movement  Skill Rehearsal  Low intensity exercise  Heart Rate  Stroke Volume  Cardiac Output  Body Temperature  Breathing Rate | Quadriceps  Hamstrings  Gastrocnemius  Gluteals  Deltoid  Trapezius  Latissimus Dorsi  Pectorals  Abdominals | Agonist  Antagonist  Fixator  Antagonistic Muscle Pair | Cranium  Vertebrae  Pelvis  Clavicle  Scapula  Ribs  Sternum  Humerus  Ulna  Radius | Femur  Patella  Tibia  Fibula  Carpals  Metacarpals  Phalanges  Tarsals  Metatarsals  Hinge  Ball & Socket | Protection  Production of red blood cells  Posture  Movement  Mineral Storage  Support |
| **Easter 2 – Types of Training** | | **Summer 1 – Principles of Training** | | | |
| Circuit  Continuous  High Intensity Interval Training  Interval  Plyometrics  Fartlek  Weight | | Specificity  Progression  Overload  Reversibility  Frequency  Intensity  Time  Type | | | |