

KEY WORDS 2021-2022 - PE

KEY WORDS						
Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE						
Year 9	<p><i>forehand, backhand, smash, fault, volley, serve, double fault, top spin, slice, baseline, tramlines, ace, net, let, love, match point, speed, coordination & reaction time.</i></p>	<p><i>starts, restarts, set plays, team strategy, preparation, recovery, fitness, exercise, activity, leading, officiating, principles of play, attack, defence, outwitting an opponent, countering a play</i></p>	<p><i>principles of attack and defence, finding and using space, drive, fakes, rebounding, lay-ups, marking, defending stance and how to play man to man defence.</i></p>	<p><i>tactics and techniques, court positioning, angles, smash, overhead, dig, set, volley, block, staying in the rally, finishing the rally, tactics, game plan, success criteria, officiating/umpiring, captaincy, adjustments/variations, anticipation, fitness</i> <i>Speaking and listening</i></p>	<ul style="list-style-type: none"> ➤ <i>Batting, striking the ball with force, showing correct stance</i> ➤ <i>Overarm throw</i> ➤ <i>Long barrier</i> ➤ <i>Spin bowl</i> ➤ <i>Donkey drop bowl</i> ➤ <i>(high, looped bowl that then drops into the batter's square)</i> ➤ <i>Batting into gated areas</i> ➤ <i>Fielders to show understanding by throwing to 2nd and 4th base in a</i> 	<p><i>aerobic and anaerobic exercise, improving stamina, strength and/or suppleness</i> <i>training programmes, interval, pyramid, repetitions and sets, fartlek, cross-training</i></p>

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					<p><i>game situation</i></p> <ul style="list-style-type: none"> ➤ <i>Throwing from back stop to first (on the inside of the pitch)</i> ➤ <i>Back stop to second base</i> ➤ <i>Fielder to support second base in a 'hit behind wait at first' situation occurs</i> ➤ <i>Change where you stand and bat, to put pressure on the bowler. For example - edge of the box</i> 	
Year 10	<i>push, service, slice, topspin, sidespin, angles,</i>	<i>starts, restarts, set plays, team strategy, preparation,</i>	<i>principles of attack and defence, finding and using space, drive, fakes,</i>	<i>tactics and techniques, court positioning, angles,</i>	<i>forehand, backhand, smash, fault, volley,</i>	<i>aerobic and anaerobic exercise, improving stamina, strength and/or suppleness</i>

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	<p><i>trajectory, forehand, backhand, smash, reaction time, coordination, officiating/umpiring & anticipation</i></p>	<p><i>recovery, fitness, exercise, activity, leading, officiating, principles of play, attack, defence, outwitting an opponent, countering a play</i></p>	<p><i>rebounding, lay-ups, marking, defending stance and how to play man to man defence.</i></p>	<p><i>smash, overhead, dig, set, volley, block, staying in the rally, finishing the rally, tactics, game plan, success criteria, officiating/umpiring, captaincy, adjustments/variations, anticipation, fitness</i></p> <p><i>Speaking and listening</i></p>	<p><i>serve, double fault, top spin, slice, baseline, tramlines, ace, net, let, love, match point, speed, coordination & reaction time.</i></p>	<p><i>training programmes, interval, pyramid, repetitions and sets, fartlek, cross-training health-based and performance based programmes, judging, officiating, feedback</i></p>
Year 11	<p><i>push, service, slice, topspin, sidespin, angles, trajectory, forehand, backhand, smash, reaction time, coordination, officiating/umpiring & anticipation</i></p>	<p><i>starts, restarts, set plays, team strategy, preparation, recovery, fitness, exercise, activity, leading, officiating, principles of play, attack, defence,</i></p>	<p><i>principles of attack and defence, finding and using space, drive, fakes, rebounding, lay-ups, marking, defending stance and how to play man to man defence.</i></p>	<p><i>tactics and techniques, court positioning, angles, smash, overhead, dig, set, volley, block, staying in the rally, finishing the rally, tactics, game plan,</i></p>	<p><i>forehand, backhand, smash, fault, volley, serve, double fault, top spin, slice, baseline, tramlines, ace, net, let, love,</i></p>	

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		<i>outwitting an opponent, countering a play</i>		<i>success criteria, officiating/umpiring, captaincy, adjustments/variations, anticipation, fitness Speaking and listening</i>	<i>match point, speed, coordination & reaction time.</i>	
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