

KS3 PE - RRs & Lexicon

Across KS3, students are taught on a rotational basis. The below indicates the key words to be covered in each topic, for each year group. All words to be covered by the end of each academic year.

Year Group	HT1	HT2	HT3	HT4	HT5	HT6
7	Key Words: <ul style="list-style-type: none"> Handball - dribble, bounce, pass, shoot, defend, attack, goalkeeper, wing, centre, back, pivot, score Netball - pass, shoot, mark, defend, attack, centre, wing, goalkeeper, footwork Badminton - racket, shuttlecock, court, net, overhead, underarm, serve, foul Trampolining - bed, bounce, height, direction, twist, straddle, pike, tuck Rugby - pass, run, evade, offside, ruck, present, tackle, try Gymnastics- body tension, balance, roll, handstand, counter tension Fitness- aerobic, anaerobic, circuit, continuous, interval, fartlek, hyprox, cardiovascular, weight, Football- pass, dribble, shoot, defend, attack, shield, turn OAA- teamwork, communication, resilience, problem solving 			<ul style="list-style-type: none"> Basketball - dribble, pass, attack, defend, shoot, set set, lay up, rebound, double dribble, travelling Trampolining - bed, bounce, height, direction, twist, straddle, pike, tuck Flag football - American football, flag, hike, wide receiver, running back, quarterback, gain line, touch down Badminton - racket, shuttlecock, court, net, overhead, underarm, serve, foul Athletics - track, field, javelin, shot put, measure, time, pacing, speed, take off, landing, Softball - mitt, batting plate, strike, catch, throw, bowl, homerun Tennis - serve, forehand, backhand, flight, volley, foul, strike, racket Cricket - bat, bowl, run, attack, defence Volleyball - serve, set, set, dig, double contact, foul, court 		
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KS4 PE - RRs & Lexicon

The below indicates the key words to be covered in each half term, for each year group, as well as the Rapid Read texts which will be explored.

Year Group	HT1	HT2	HT3	HT4	HT5	HT6
10	Key words: Aerobic, anaerobic, skeletal, joints, ligaments, cartilage, synovial fluid, posture, kyphosis, scoliosis, lordosis, flexion, extension, rotation, condyloid, saddle, hinge, ball and socket, plantar flexion, dorsi flexion	Key words: Fast twitch, slow twitch, smooth, antagonistic, eccentric, concentric, isotonic, isometric, Cardiac, ventricle, atrium, aorta, vena cava, vein, artery, capillaries, stroke volume, cardiac output	Key words: Lungs, trachea, bronchi, bronchioles, alveoli, gas exchange, concentration, tidal volume, Inhalation, exhalation, diaphragm	Key words: Fatigue, DOMS, hypertrophy, dehydration	Key words: Recovery, carbohydrates, proteins, vitamins, minerals, fibre, fats, massage, ice bath, calories	Key words: Warm up, cool down, fartlek, circuit, continuous, weight, fitness components, flexibility, cardiovascular, strength, endurance, reaction, agility, balance, body mass, coordination
11	Key words: PARQ, lifestyle, goal setting, Fitness components	Key words: Nutrition, fitness session, Principles, progression, overload, reversibility, tedium	Key words: Evaluation, communication, motivation, recovery	n/a	n/a	n/a