

# 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	<b>Key Words:</b> <ul style="list-style-type: none"> <li><b>Handball</b> - dribble, bounce, pass, shoot, defend, attack, goalkeeper, wing, centre, back, pivot, score</li> <li><b>Netball</b> - pass, shoot, mark, defend, attack, centre, wing, goalkeeper, footwork</li> <li><b>Badminton</b> - racket, shuttlecock, court, net, overhead, underarm, serve, foul</li> <li><b>Trampolining</b> - bed, bounce, height, direction, twist, straddle, pike, tuck</li> <li><b>Rugby</b> - pass, run, evade, offside, ruck, present, tackle, try</li> <li><b>Gymnastics</b>- body tension, balance, roll, handstand, counter tension</li> <li><b>Fitness</b>- aerobic, anaerobic, circuit, continuous, interval, fartlek, hyprox, cardiovascular, weight,</li> <li><b>Football</b>- pass, dribble, shoot, defend, attack, shield, turn</li> <li><b>OAA</b>- teamwork, communication, resilience, problem solving</li> </ul>			<ul style="list-style-type: none"> <li><b>Basketball</b> - dribble, pass, attack, defend, shoot, set set, lay up, rebound, double dribble, travelling</li> <li><b>Trampolining</b> - bed, bounce, height, direction, twist, straddle, pike, tuck</li> <li><b>Flag football</b> - American football, flag, hike, wide receiver, running back, quarterback, gain line, touch down</li> <li><b>Badminton</b> - racket, shuttlecock, court, net, overhead, underarm, serve, foul</li> <li><b>Athletics</b> - track, field, javelin, shot put, measure, time, pacing, speed, take off, landing,</li> <li><b>Softball</b> - mitt, batting plate, strike, catch, throw, bowl, homerun</li> <li><b>Tennis</b> - serve, forehand, backhand, flight, volley, foul, strike, racket</li> <li><b>Cricket</b> - bat, bowl, run, attack, defence</li> <li><b>Volleyball</b> - serve, set, set, dig, double contact, foul, court</li> </ul>		
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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	<b>Key words:</b> 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	<b>Key words:</b> Fast twitch, slow twitch, smooth, antagonistic, eccentric, concentric, isotonic, isometric,  Cardiac, ventricle, atrium, aorta, vena cava, vein, artery, capillaries, stroke volume, cardiac output	<b>Key words:</b> Lungs, trachea, bronchi, bronchioles, alveoli, gas exchange, concentration, tidal volume, Inhalation, exhalation, diaphragm	<b>Key words:</b> Fatigue, DOMS, hypertrophy, dehydration	<b>Key words:</b> Recovery, carbohydrates, proteins, vitamins, minerals, fibre, fats, massage, ice bath, calories	<b>Key words:</b> Warm up, cool down, fartlek, circuit, continuous, weight, fitness components, flexibility, cardiovascular, strength, endurance, reaction, agility, balance, body mass, coordination
11	<b>Key words:</b> PARQ, lifestyle, goal setting, Fitness components	<b>Key words:</b> Nutrition, fitness session, Principles, progression, overload, reversibility, tedium	<b>Key words:</b> Evaluation, communication, motivation, recovery	n/a	n/a	n/a