



# HOLY TRINITY

## Secondary Core PE Vocabulary

	<u>Y7</u>	<u>Y8</u>	<u>Y9</u>	<u>Y10 &amp; Y11</u>
<b>Games – Invasion</b>	<p><b>GENERIC</b></p> <p>Balance Weighting Placement Unopposed Defence / Attack, Space Time Coordination Change of Pace Target Outwit Overlap Movement Accuracy Evasion</p> <p><b>SPORT SPECIFIC</b> <u>Football</u> Close control Dribble Turn</p>	<p><b>GENERIC</b></p> <p>Communication Weighting Placement Composure Outwit Space Progression Interception Tackle</p> <p><b>SPORT SPECIFIC</b> <u>Football</u> Fast feet 'Player or space' Long lofted Chip 'Accuracy before power' Instep Jockeying</p>	<p><b>GENERIC</b></p> <p>Pressure Width Depth Recovery Counter Attack Offside Timing Possession Support Point of attack Movement Spatial Awareness Positional sense Game plan</p> <p><b>SPORT SPECIFIC</b> <u>Football</u> Dummies Fakes Drop shoulder Step- over Through ball Channel</p>	<p><b>GENERIC</b></p> <p>Mental capacity Coaching Movement off the ball Creative thinking Devising tactics Game plans Observation skills Analytical skills Leadership skills Skill execution Types of training Health Benefits Fair Play Development, Adaptation and Refinement</p> <p><b>SPORT SPECIFIC</b> <u>Football</u> Defensive Role Closing Down</p>

	<p>'Out of your feet' 'Head up' Sidefoot pass Cushion</p> <p><u>Rugby</u> Handling Try Dummy Sidestep. 'Bread Basket' Direction (Lateral or backwards). 'Cheek to cheek'. Overload Maul Knock-on</p> <p><u>Netball</u> Court Footwork Grounded Pivot Feeding Stance Dominant hand Positional names (GA, GS, C, WD, WA, GD, GK) Dodging</p>	<p><u>Rugby</u> Drop shoulder Fake Outpace Scissors Cut out ball Out of hand Punt Drop kick Conversion Wrap around High tackle Support play Defensive line Delay Line-Out</p> <p><u>Netball</u> Attack/Defence Closing down No contact Obstruction Off side Positional names (GA, GS, C, WD, WA, GD, GK)</p> <p><u>Hockey</u> Dribble Turn Hit</p>	<p>Cross Delivery Corner kick Marking Free kick Lob Volley Half-volley Forehead</p> <p><u>Rugby</u> Scrummage Feed 'Crouch-bind-set' Hooker Props (Tight Head / Loose Head) Ball carrier Ruck 'On your feet' 'To ground' Release Protection 'Into the line'</p> <p><u>Netball</u> Centre pass In the circle Backline pass Marking</p>	<p>Tracking Back Goal side Attacking Role Set Plays Angled runs Chip Drive Signalling Accurate Delivery</p> <p><u>Rugby</u> Attacking lines Taking the tackle Quick restart Miss pass Cut-out pass</p> <p><u>Netball</u> Defensive marking Defending the circle One handed catch Jumping for the rebound Delaying the pass Set pattern of play Passing patterns</p>
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	<u>Hockey</u> Stick Grip 'Player or space', Push pass Dribble Control	Change of pace, 'Player or space'. 'Accuracy before power',	Repossession Delaying Holding space  <u>Hockey</u> Angles Through pass Short corner Free hit Push shot Drive Positions Formations	<u>Hockey</u> N / A
<b>Games – Net / Wall</b>	<b>GENERIC</b> Flight Trajectory Movement Height Weight Accuracy Control Positioning  <b>SPORT SPECIFIC</b> <u>Volleyball</u> Set Volley Dig Serving order	<b>GENERIC</b> Service Service line Power  <b>SPORT SPECIFIC</b> <u>Volleyball</u> Smash / Spike Three touch volleyball Rotation  <u>Badminton</u> Smash Disguise Deception Backhand	<b>GENERIC</b> Consistency Placement Anticipation Response  <b>SPORT SPECIFIC</b> <u>Volleyball</u> Block Timing Straight jump  <u>Badminton</u> Rallying Depth Distance.	<b>GENERIC</b> Strategic Placement Range of shots Skill execution Conditional situations Analytical skills Peer performances Use of tactics Rules of service Variety of serves Creative thinking  <b>SPORT SPECIFIC</b> <u>Volleyball</u> 'Libero' Dig for direction

	<p>Retain serve. Teamwork Cooperation Communication</p> <p><u>Badminton</u> Chasse step Grip Stance Side-on Forehand Underarm Overhead Clear Contact point Service box Response positioning.</p> <p><u>Tennis</u> Grip Stance Forehand Foot position Footwork Back swing Follow through 'Sweet Spot'</p>	<p><u>Tennis</u> Backhand Footwork Service box Volley Firm wrist Serve and volley</p>	<p>Backcourt Frontcourt</p> <p><u>Tennis</u> Smash Lob Return Passing shot Baseline Service box Foot fault</p>	<p>Formations</p> <p><u>Badminton</u> Backhand Clear Element of disguise Flick Serve Short and Long Serve 'Side by side' or 'One up, one back'</p> <p><u>Tennis</u> Forehand / backhand topspin or slice Singles / doubles laws Defensive formation- '2 back' Ball placement Racket face positioning</p>
<b>Games – Striking &amp; Fielding</b>	<p><b>GENERIC</b> Hand-eye coordination Long Barrier Trajectory</p>	<p><b>GENERIC</b> Release No-Ball</p>	<p><b>GENERIC</b> 'Catches win matches' Backing-up</p>	<p><b>GENERIC</b> Batting execution Strategic placement</p>

	<p>Batting Bowling Fielding Stance Grip Timing Tactics Attack / Defence Positioning Accuracy</p> <p><b>SPORT SPECIFIC</b> <u>Cricket</u> Line Length Wickets Footwork Boundary</p> <p><u>Rounders</u> No-ball Bowling Square Batting Square Back-stop</p>	<p>Timing Tactics Attack / Defence Pressure Judgement Decision-making</p> <p><b>SPORT SPECIFIC</b> <u>Cricket</u> Mid-wicket Cover Slips Run-up Delivery stride Crease Overstep Wide Footwork Drive Pull Front / Back Foot Taking guard Off / Leg side</p> <p><u>Rounders</u> Cup catch Underarm / Overarm throw</p>	<p>Placement (ball &amp; fielders)</p> <p><b>SPORT SPECIFIC</b> <u>Cricket</u> Short-leg Silly-point Third-man Bouncer Full toss Leg-spin Off break Seam. Extras Bye Leg bye Cut shot Running between the wickets 'Stay'</p> <p><u>Rounders</u> Deep leftfield Deep rightfield Pace 'Donkey Drop',</p>	<p>Bowling infringements Methods of dismissal Innings</p> <p><b>SPORT SPECIFIC</b> <u>Cricket</u> Umpire signals Slip catching Wrist and finger (off) spin Straight drive High elbow Batting pair Wicket-keeping</p> <p><u>Rounders</u> 1st to 4th post fielders Deep fielders Backward area Batter outline and waiting line Obstructions</p>
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		First base Outfielders Covering No-ball Legal ball Step-in Spin. Directional hitting Good contact. Batting order Bunt		
<b>Gymnastics</b>	Locomotion Travel Control Height Weight Transference Body tension Acceleration Centre of Mass Support Counter Balance Stability Sequence, Routine Link Fluency Refine Composition	Explore Sequence Flow Extension Replication Presentation. Approach Take-off Landing, Springboard Tuck Straddle Pike Feedback Sequence Flow Aesthetic Appreciation.	Counter balance, Box Beam Trampoline Somersault	N / A
<b>Athletics</b>	Sprint start Stride Length Speed Power	Drive Reaction time Pacing	Bend running Arm speed Race phases	Sustained running Fitness demands Personal Records.

	<p>Pace Cadence Heart rate BPM Recovery Fatigue Long Jump Three phases - Run up, take off, flight High Jump Fosbury Flop, Approach, take off, landing. Shot Putt Clean palm / dirty neck' 'Chin- Knee - Toe' 45 degree angle</p>	<p>Sustain Phases - Run up, take off, flight Triple Jump 'Same-Other-Together'. Fosbury Flop Arc-run Take off Flight Landing Javelin Grip Whip through Release 45 degree angle.</p>	<p>Respiration Recovery rate Interval or continuous training. Hang time Relay Baton Changeover Sweep / upsweep Static / Dynamic Arm speed</p>	<p>Linear motion, Angles and drag. Physical capacity Competition rules Bounding Plyometrics Achievable goals Adapt and refine Peer coaching</p>
<b>Fitness</b>	<p>Resting heart-rate Working heart-rate BPM Cardio-vascular Muscular endurance. Press-ups Sit-ups Step-ups Continuous training Cooper Run</p>	<p>Circuit training Stations Muscular endurance Frequency, Intensity Interval Training Periods of work followed by periods of rest' HIIT Recovery</p>	<p>Reps / Sets Muscular Strength One Rep Max Resistance Overload</p>	<p>Components of fitness Methods of Training Personal Exercise Programme (PEP) Aerobic Anaerobic</p>

	Multi-Stage Fitness Test Sustained			
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