



# PE and Sport Curriculum

# PE and Sport at Maltby Academy

## Introduction

The Maltby Academy curriculum is designed to deliver exceptional learning experiences that enable all young people to thrive academically, personally, and socially. Each subject curriculum is ambitious, coherently planned, and carefully sequenced to ensure that all students develop the knowledge, skills, and character required to succeed in a competitive world. Our key drivers: Teaching & Learning, Personal Development, Careers & CEIAG, Enrichment, and Behaviour & Attitudes underpin every aspect of our curriculum design.

## PE and Sport - intent statement

The PE and Sport curriculum at Maltby Academy promotes lifelong participation in sport and physical activity while equipping students with the skills, knowledge, and values to lead healthy and active lives. Students develop competence in a wide range of sports, build fitness and resilience, and learn the importance of teamwork, respect, and fair play. The curriculum supports our key drivers by delivering high-quality Teaching & Learning, Enrichment through sports teams and leadership opportunities, and Careers preparation in health, sport, and fitness industries. Personal Development is a central aspect, with students developing resilience, leadership, and a commitment to well-being. PE at Maltby Academy ensures all students experience success in physical activity and leave with the confidence to thrive in both sport and life.

## Why do we study PE and Sport?

Physical Education and Sport promotes physical health, mental well-being, and teamwork. It teaches resilience, leadership, and discipline, encouraging lifelong habits of activity, fitness, and personal responsibility.

## Qualification

Our Key Stage 4 exam board for Sport is BTEC Tech award in sport. Our Key Stage 5 exam board for Sport is BTEC.

## Key Tier 2 Vocabulary

Analyse, evaluate, explain, interpret, explore, justify, examine performance, prepare, barriers, provision, technology, limitations, components of fitness, techniques, strategies, officials, rules, regulations, conditioned practices, training principles, exercise intensity, fitness testing, validity, reliability, training methods, motivation.

## Disciplinary Requirements

- Understand the different types of physical activity and providers and how they meet the needs of different participants and the barriers they may face.
- Understand the physiological and anatomy of the body as they apply it is planning and delivering warm ups.
- Perform practically in a chosen sport demonstrating skills, techniques and tactics of the game as well as understanding the rules, regulations of that sport.
- Demonstrates leadership skills through planning and delivery of sports drills and conditioned practices.
- Use theoretical knowledge and understanding of applied anatomy and physiology, movement analysis and physical training so that they can use this knowledge to analyse and evaluate performance.

## Vocabulary and Substantive Knowledge Summary

The Sport curriculum at Maltby Academy promotes active participation, teamwork, and lifelong engagement in physical activity. Through a broad and balanced programme, students develop their physical competence, tactical awareness, and leadership skills across a range of individual and team sports. The curriculum fosters confidence, discipline, and enjoyment while embedding the values of respect, resilience, and fair play.

### Key Stage 3 – Physical Education

Vocabulary focus:

Students build a foundation of key physical education terminology including technique, coordination, agility, balance, control, teamwork, communication, tactics, strategy, fitness, and resilience. These terms are applied through active participation and reflection on performance.

Substantive knowledge themes:

- Fundamental movement skills – developing coordination, balance, and agility through invasion games, net and wall games, athletics, and dance.
- Rules and tactics – applying knowledge of game structures and adapting strategies during play in football, netball, basketball, hockey, and badminton.
- Physical literacy – improving control, timing, and consistency across a range of practical activities.
- Health and fitness – understanding the importance of warm-ups, cool-downs, and how exercise benefits physical and mental wellbeing.
- Teamwork and leadership – building cooperation, communication, and fair play within team environments.

Progression goal:

By the end of Key Stage 3, students confidently participate in a variety of sports and activities, demonstrate control and tactical understanding, and show developing leadership and officiating skills. They apply key terminology in evaluating their own and others' performance.

### Key Stage 4 – Physical Education

Vocabulary focus:

Students refine their practical vocabulary including analysis, performance, leadership, officiating, endurance, intensity, aerobic, anaerobic, technique, and motivation. They apply this vocabulary when evaluating performance and planning for improvement.

Substantive knowledge themes:

- Applied performance – developing skill execution, tactical awareness, and positional understanding across chosen practical sports such as football, netball, rugby, badminton, athletics, and fitness training.
- Leadership in sport – planning and leading safe, inclusive activities, using communication and organisation skills to support others.
- Sport in society – understanding the role of sport in promoting health, teamwork, and community participation.
- Fitness and training – exploring components of fitness, methods of training, and the importance of goal setting.
- Evaluation and improvement – analysing performance data to set targets for progression.

Progression goal:

By the end of Key Stage 4, students demonstrate high levels of commitment, teamwork, and personal responsibility in practical sport. They can lead and officiate confidently, showing understanding of rules, strategy, and safe practice, while applying feedback to enhance performance.

## Key Stage 5 – Sport

Vocabulary focus:

Students develop advanced terminology including biomechanics, physiology, analysis, leadership, cardiorespiratory, musculoskeletal, link, evaluate, compare, lifestyle factors, techniques, tactics. They use this vocabulary to analyse and reflect on the effects of lifestyle and physical activity on different body systems and also the impact it has on performance in both individual and team contexts.

Substantive knowledge themes:

- Advanced performance – applying technical and tactical understanding to improve execution and decision-making under pressure.
- Coaching and analysis – using video feedback, performance data, and evaluation to enhance personal and peer development.
- Sport and exercise science – understanding anatomy, physiology, and psychology in practical application.
- Analysing impact of positive and negative lifestyle factors on a person's health and well-being.
- Leadership and professionalism – demonstrating initiative, organisation, and accountability in sport environments.
- Career development – exploring pathways into sport, fitness, and health industries through applied projects and placements.

Progression goal:

By the end of Key Stage 5, students are confident performers, leaders, and analysts. They apply sport science principles to improve performance, demonstrate advanced leadership qualities, and reflect critically on their development. They are prepared for higher education or careers in coaching, fitness, or sports science.

## Across the Stages


Across all stages, the Sport curriculum builds physical competence, confidence, and character. Students develop teamwork, communication, and leadership through practical participation and performance analysis. The progression from participation to leadership ensures that every student leaves Maltby Academy with the knowledge, skills, and motivation to lead active, healthy, and fulfilling lives.


# Appendix

39-week plans


Tier 3 vocabulary




 <b>PE - Sport/Activity rotation</b> Year 7 (Week 5 is always an assessment week)				
Activity/ Sport	Week 1	Week 2	Week 3	Week 4
<b>Gymnastics/ Dance</b>	Gymnastics/ Dance -Locomotion	Gymnastics/ Dance- Balances	Gymnastics/Dance- Counts and actions	Gymnastics/Dance- Sequencing
<b>Netball</b>	Netball- Ball familiarisation / Passing	Netball- Footwork	Netball- Positions/ Getting free	Netball- Outwitting opponents and Gameplay
<b>OAA-Problem Solving</b>	OAA-Problem Solving-Introduction / Communication	OAA-Problem Solving: Trust	OAA-Problem Solving: Organisation	OAA-Problem Solving: Leadership
<b>Table Tennis</b>	Table Tennis-Intro to Health & Safety / Grip	Table Tennis-Backhand push & Forehand Push	Table Tennis- Backhand/Forehand Serve	Table Tennis- Gameplay Single/Double
<b>Rugby</b>	Rugby- Ball familiarisation/ Passing	Rugby- Tackling	Rugby-Line speed and markers	Rugby- Kicking / Gamplay & Tactics


 <b>PE - Sport/Activity rotation</b> Year 8 (Week 5 is always an assessment week)				
Activity/ Sport	Week 1	Week 2	Week 3	Week 4
<b>OAA - Orienteering</b>	OAA - Orienteering - Introduction to Maps	OAA - Orienteering - Map Design and Route Planning	OAA - Orienteering - Navigation and Orientation	OAA - Orienteering - Course Management
<b>Gymnastics</b>	Gymnastics-Flight Introduction	Gymnastics-Springboard: Shapes/Rolls	Gymnastics- Levelled boxtop: Shapes/Rolls	Gymnastics- Levelled boxtop: Handsprings/Half ons (round offs)
<b>Handball</b>	Handball- Passing	Handball- Shooting	Handball- Defending	Handball- Tactics
<b>Table Tennis</b>	Table Tennis: Recap of Serves Backhand/ Forehand push	Table Tennis: Forehand Drive	Table Tennis: Backhand Drive	Table Tennis: Gameplay and tactics
<b>Hockey</b>	Hockey- Intro to Grip and stance/Dribbling	Hockey- Passing	Hockey- Dribbling	Hockey- Tackling: Jab/ Block





 <b>PE - Sport/Activity rotation</b> Year 9 (Week 5 is always an assessment week)				
Week 1	Week 2	Week 3	Week 4	Week 5
<b>Football</b>	Football - Passing, Control and Turning	Football - Attack/Beating an Opponent	Football - Defensive Tactics	Football - Formations and Tactics
<b>Badminton</b>	Badminton: Recap of serves Backhand and Forehand	Badminton: Combination shots- Overhead clear into Drop Shot	Badminton: Smash Shot	Badminton: Combination shots- Overhead clear into Smash Shot
<b>Netball</b>	Netball: Movement on and off the ball	Netball: Protecting the space and shooting	Netball: Defending	Netball: Centre passes
<b>Rugby</b>	Rugby- Passing/ Attacking formations	Rugby- Tackling 1 on1, 2 on1, 3 on 1	Rugby- Marker systems	Rugby- Kicking/ Gameplay and Tactics
<b>Table Tennis</b>	Table Tennis- Recap of service rules and regulations	Table Tennis- Backhand Topspin	Table Tennis- Forehand Topspin	Table Tennis: Gameplay and tactics



 <b>Sport</b> <b>Year 10</b>							
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Component One: Preparing Participants to take part in sport and physical activity- Task 1 A1 Types of providers of sport and physical activity, A2 Types and needs of sport and physical activity participants.	A2- Types and needs continued. A3- Barriers to participation in sport and physical activity for different types of participants.	A4- Methods to address barriers to participation in sport and physical activity for different types of participants.	Task 1 Completion	Task 2- B1 Different types of sports clothing and equipment required for participation in sport and physical activity.	B2- Different types of technology and their benefits to improve sport and physical activity participation and performance.	B3- The limitations of using technology in sport and physical activity.	Task 2 Completion
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Task 3- C1 Planning a warm up	C2- Adapting a warm up for different categories of participants and different types of physical activities.	C3- Delivering a warm-up to prepare participants for physical activity	Task 3 Completion	Components one completion	Mark submission Component one	Component 2: Taking part and improving other participants sporting performance. Task 1 A1- Components of physical fitness, A2- Components of skill-related fitness.	Task 1 Completion
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Task 2 Participating in sport. - B1 Techniques, strategies and fitness	Task 2- B1 Techniques, strategies and fitness	B2 Officials in sport B3 Rules and Regulations.	Task 2 completion	Task 3 Officiating in sport. B2 Officials in sport. B3 Rules and regulations in sports	B3 Rules and regulations in sport	Task 3 Completion	Task 4-Improving participants sporting skill. C1 Planning drills and conditioned practices to develop participants sporting skills.
Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
Task 4-Improving participants sporting skill. C1 Planning drills and conditioned practices to develop participants sporting skills.	Task 4 part 1 completion	Task 4 Part 2 C2 Drills to improve sporting performance	Task 4 Part 2 C2 Drills to improve sporting performance	Task 4 part 2 completion	Component 2 Completion	Mark submission component two	Component 3: Developing fitness to improve other participants performance in sport and physical activity. A1 The importance of fitness for successful participation in sport.
Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
A2 Fitness Training Principles	A3 Exercise Intensity and how it can be determined	Learning Aim A mock	B- Investigate fitness testing to determine fitness levels. B1 Importance of fitness testing and requirements for administration of each fitness test	B2- Fitness test methods for components of physical fitness	B3- Fitness test methods for components of skill-related fitness.	B4- Interpretation of fitness test results	

 <b>Sport</b> <b>Year 11</b>							
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Component 3: B2 Physical components of fitness tests	B3 Physical components of fitness tests	B3 Skill related fitness tests	B4 Normative Data	Learning Aim A and B Mock	Component 3: Learning aim C Investigate different fitness training methods. C1- Requirements for each of the following fitness training methods.	C2 Fitness Training methods for physical components of fitness	C3 Fitness training methods for skill-related components of fitness.
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
C4- Additional requirements for each of the fitness training methods. C5 Provision for taking part in fitness training methods.	C6 The effects of long-term fitness training on the body systems. Learning Aim C Mock	Learning aim D: Investigate fitness programming to improve fitness and sports performance. D1- Personal information to aid fitness training programme design.	D2- Fitness programme design	D3- Motivational techniques for fitness programming.	Exam Revision and mock	Exam Revision	Component 1 PSA Released 6th January
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Component 1 Re-sit. Task 1 teaching and controlled assessment	Exam Revision LA A	Component 1 Re-sit. Task 1 teaching and controlled assessment	Exam Revision LA B	Component 1 Re-sit. Task 2 teaching and controlled assessment	Exam Revision LA C	Component 1 Re-sit. Task 2 teaching and controlled assessment	Exam Revision LA D
Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
Component 1 Re-sit. Task 3 teaching and controlled assessment	Exam Revision	Component 1 Re-sit. Task 3 teaching and controlled assessment	Exam Revision	Component 1 Re-sit. Task 3 teaching and controlled assessment	Component 3 Exam Beginning of May	Mark submission component submission 15th May	
Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	

 <b>Sport</b> <b>Year 12</b>							
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Unit 1: Anatomy and Physiology A1 Structure of the skeletal system A2 Function of the skeletal system A3 Joints	Unit 7: A1 NGB Rules/ Laws	Unit 1: A4 Response of the skeletal system A5 Adaptations of the skeletal system A6 Additional Factors	Unit 7 A1 Rules/ Laws A2 Roles and Responsibilities of officials	Unit 1: Learning Aim A mock exam Unit 1: B1 Characteristics and functions of muscles B2 Major skeletal muscles	Unit 7: A2 Roles and Responsibilities of officials	Unit 1: B3 Antagonistic muscle pairs B4 Muscle contractions B5 Fibre Types	Unit 7: Learning Aim A controlled assessment
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Unit 1: B6 Response of muscular system and B7 Adaptations of the muscular system	Unit 7 : B1 Technical Demands	Unit 1: Additional factors. Exam technique and learning aim B mock exam	Unit 7: B2 Tactical Demands	Unit 1: C1 Respiratory system, C2 Function C3 Lung volume	Unit 7: Learning Aim B controlled assessment	Unit 1: C4 Control of breathing C5 Responses of respiratory system C6 Adaptations of respiratory system	Unit 7: Learning Aim B controlled assessment
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Unit 1: C7 additional factors Learning Aim C mock exam.	Unit 7: C1 Practical sports performance demonstration	Unit 1: D1 Structure of the cardiovascular system, D2 Function	Unit 7: C1 Practical sports performance demonstration	Unit 1: D3 Nervous control D4 Response to CV system D5 adaptations	Unit 7: C1 Practical sports performance demonstration	Unit 1: D6 Additional Factors. Mock exam. E1 ATP system	Unit 7: C1 Practical sports performance demonstration
Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
Unit 1: E2 ATP-PC system and E3 lactate system	Unit 7: D1 Assessment methods to review performance of the skill	Unit 1: E4 Aerobic system E5 Adaptations and E6 Additional factors	Unit 1 Exam Prep and Revision	Unit 1 Exam Prep and Revision	Unit 1: Anatomy and Physiology Exam 14th May	Unit 7: D2 Review performance in selected sports	Unit 2: Fitness Training and programming A1 Positive lifestyle factors A2 Negative Lifestyle factors
Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
Unit 7: D3 Developments to improve performance	Unit 2: A3 Lifestyle modification factors. Learning Aim A exam technique and mock	Unit 7: Learning Aim D controlled assessment	Unit 2: B1 Screening Processes B2 Health Monitoring	Unit 7: Coursework catch up	Unit 2: B3 Interpreting results of health monitoring tests.	Unit 7: Coursework catch up	

 <b>Sport</b> <b>Year 12</b>							
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Unit 2: Fitness Training and programming A1 Positive lifestyle factors A2 Negative Lifestyle factors	Unit 2: A3 Lifestyle modification factors. Learning Aim A exam technique	Unit 2: LA A Mock B1 Screening Processes	Unit 2: B2 Health Monitoring and B3 Interpreting results of health monitoring tests.	Unit 2: Learning Aim B Mock	Unit 2: C1/2 Components of a balanced diet and key terminology, C3 Nutritional strategies.	Unit 2: C3 Nutritional strategies and LA C mock questions	Unit 2: D1 Components of fitness and skill related fitness
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Unit 2: D2 Training methods	Unit 2: D2 Training methods	Unit 2: E1 Understand Training programme design- D and E Exam technique	Unit 2: Learning Aim D and E mock	Unit 2 Revision and exam prep	Unit 2: Part A 9th December- Exam note taking	Unit 2: Part A 9th December- Exam note taking	Unit 2: Exam 8th January
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Unit 3: A1 Scope and provision A2 Careers and job opportunity	Unit 3: A3 Professional Training routes, legislations and skills. A4 Sources and continuing professional development	Unit 3: Learning Aim A controlled assessment	Unit 3: B1 Personal skills audit B2 Planning personal development towards a career.	Unit 3: B2 Planning personal development towards a career. B3 Maintaining a personal portfolio	Unit 3: B3 Maintaining a personal portfolio	Unit 3: Learning Aim B controlled assessment	Unit 3: C1 Job applications C2 Interviews and selected career pathways
Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
Unit 3: C2 Interviews and selected career pathways	Unit 3: Learning Aim C controlled assessment	Unit 3: Learning Aim C controlled assessment	Unit 3: Learning Aim C controlled assessment	Unit 3: D1 Review and evaluation	Unit 3: D2 Updated SWOT and action plan	Unit 3: Learning Aim D controlled assessment	Coursework Completion
Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
Coursework Completion	Coursework Completion	Coursework Completion					

## Key Stage 3

### Year 7

#### Table Tennis

**Safety** – Acting in a way that prevents injury or harm.

**Grip** – The way a player holds their bat for control and accuracy.

**Ball Familiarisation** – Becoming comfortable with controlling and moving the ball.

**Rally** – When the ball is in play until a point is scored or a let occurs.

**Forehand Push** – A defensive stroke returning the ball low from the forehand side.

**Backhand Push** – A defensive shot returning short balls using the backhand.

**Feed** – Delivering a ball accurately to another player for practice.

**Serve** – The shot that begins play, hit legally over the net.

**Legal Serve** – A serve that follows all the rules of play.

**Present the Ball** – Holding the ball in an open palm, visible to the opponent before serving.

**Accuracy** – The quality of being precise or correct.

**Fault** – When a rule is broken and a point is awarded to the opponent.

**Let** – When a point is replayed due to interference or a valid reason.

**Singles Game** – A match between two players.

**Doubles Game** – A match between two pairs of players.

**Referee** – The official responsible for enforcing the rules.

#### Athletics

**Power** – The combination of speed and strength for explosive performance.

**Trajectory** – The flight path of a thrown object.

**Chin, Knee, Toe** – A power position used before throwing in shot put.

**Grip** – How the shot is held in the hand for safe, accurate release.

**Sprint Start** – The explosive beginning of a sprint race.

**Speed** – The ability to move quickly across a distance.

**Arm Drive** – Coordinated movement of the arms while sprinting.

**Reaction Time** – The time between a stimulus and the start of movement.

**Stride Frequency** – The number of steps taken per minute.

**Changeover** – The exchange of a baton during a relay race.

**Approach** – The run-up phase before take-off in jumping events.

**Acceleration** – A gradual increase in running speed.

**Rotation** – The body's circular movement over the high-jump bar.

**Fosbury Flop** – The technique used to clear the bar in high jump.

**Centre of Mass** – The point at which an object's mass is evenly distributed.

**Pacing** – Running at a controlled and sustainable speed.

**Cardiovascular Endurance** – The ability of the heart and lungs to sustain exercise.

**Muscular Endurance** – The ability of muscles to work for a long time without fatigue.

#### Badminton

**Hand-Eye Coordination** – Using sight and hand movement together effectively.

**Grip** – The correct way of holding the racket for control.

**Rally** – The sequence of shots while the shuttle is in play.

**Service Line** – The line a serve must cross to be valid.

**Baseline** – The back boundary of the court.

**Serve** – The shot that starts a point.

**Short Serve** – A low, short shot landing near the front service line.

**Long Serve** – A high, deep serve to the opponent's baseline.

**Disguise** – A deceptive shot to confuse an opponent.

**Overhead Clear** – A high defensive shot to the back of the opponent's court.

- Flight Path** – The route of the shuttle through the air.
- Drop Shot** – A soft shot that just clears the net and lands close to it.
- Trajectory** – The curved path the shuttle takes through the air.
- Isolation Practice** – Focusing on one specific skill to improve it.
- Singles Game** – A match played one-on-one.
- Doubles Game** – A match with two players per team.
- Umpire** – The official who oversees and enforces match rules.

## Cricket

- High Catch** – Catching a ball travelling high through the air.
- Low Catch** – Catching the ball in front of the body.
- Long Barrier** – Using the body to stop a rolling ball securely.
- Short Barrier** – A close-range fielding technique to stop the ball.
- Over** – Six consecutive legal deliveries bowled by one player.
- Leg Before Wicket (LBW)** – When the ball hits the batter's leg in line with the stumps.
- Drive Shot** – A low, straight shot hit along the ground.
- Pull Shot** – A powerful shot hit towards the leg side.
- Innings** – A team's turn to bat.
- Runs** – The points scored by the batting team.

## Gymnastics

- Locomotion** – Moving from one place to another in different ways.
- Tension** – Tightening muscles to maintain control.
- Extension** – Straightening a joint or body part.
- Performance** – Presenting a skill or routine to others.
- Sequence** – Linking two or more movements together.
- Pathways** – Directions followed when moving during a routine.
- Rhythm** – A repeated pattern of movement or sound.
- Constructive Feedback** – Helpful advice for improving performance.
- Sequencing** – Arranging movements in a logical or aesthetic order.
- Criteria** – The set of required elements in a performance.
- Aesthetics** – The overall visual quality or attractiveness of a performance.
- Analyse** – To examine something in detail to improve or understand it.

## Netball

- Power** – Strength combined with speed to perform movements effectively.
- Dominant Hand** – The hand used most comfortably and accurately.
- Outwit** – To gain advantage through smart or deceptive play.
- Pivot** – Turning on one foot while keeping possession of the ball.
- Implement** – To apply a learned technique or tactic.
- Dodge** – A quick movement to evade an opponent.
- Possession** – Having control of the ball.
- Opponent** – The player or team you compete against.

## Rounders

- Underarm Throw** – Throwing technique using an upward arm motion for control.
- Accuracy** – Precision in throwing or hitting.
- Long Barrier** – Using the body to stop a rolling ball safely.
- Bowling** – Delivering the ball underarm to the batter.
- Fielding** – Retrieving and returning the ball to stop runs.



**Obstruction** – Blocking another player's path unfairly.

**Backstop** – The fielder positioned behind the batter.

**Deep Fielder** – Player positioned far from the batter to catch long hits.

**Overarm Throw** – Throwing technique where the arm travels above the shoulder.

**No Ball** – An illegal delivery, such as one above the head or too low.

**Scoring** – Earning points by running around the bases.

**Stumped** – Being put out when the ball reaches a base before the runner.

## Rugby

**Try** – Scoring by grounding the ball in the opponent's in-goal area.

**Receive** – Successfully catching and controlling a pass.

**Forward Momentum** – Progressing up the field to gain ground.

**Opposition** – The team being competed against.

**Spatial Awareness** – Understanding space and positioning on the pitch.

**Offensive** – Playing with the ball to attack and score.

**Flat Pass** – A pass made across the pitch without moving forward.

**Spin Pass** – A spiralled pass used to cover greater distance.

**Pop Pass** – A short, lifted pass to a nearby teammate.

**Defensive** – Playing without the ball to prevent scoring.

**Set** – Resetting the defensive line after a tackle.

**Offside** – Being in front of the ball or not retreating the required distance.

**High Tackle** – Illegal tackle above the shoulders.

**Markers** – Players positioned to defend directly in front of the ruck.

## Year 8

### Athletics

**Power** – The product of speed and strength to allow for explosive movement.

**Trajectory** – The flight path an object takes when in the air.

**Chin, Knee, Toe** – The “power position” that aligns the body before throwing.

**Grip** – How the implement is held before throwing.

**Sprint Start** – The technique used to propel an athlete quickly at the start of a race.

**Speed** – The ability to move quickly across a distance.

**Arm Drive** – Coordinated movement of the arms when sprinting.

**Reaction Time** – The time between a stimulus and the start of movement.

**Stride Frequency** – The number of running steps per minute.

**Change Over** – The baton exchange between runners in a relay.

**Approach** – The controlled run-up before take-off or throw.

**Acceleration** – A gradual increase in running speed.

**Rotation** – Circular movement of the body around an axis.

**Fosbury Flop** – The high-jump technique where the athlete arches backwards over the bar.

**Centre of Mass** – The balance point of the body or object.

**Pacing** – Controlling running speed to maintain performance.

**Cardiovascular Endurance** – The ability of the heart and lungs to sustain activity.

**Muscular Endurance** – The ability of muscles to work without fatigue for long periods.

### Cricket

**Fielding** – Attempting to catch or stop the ball and return it after it is hit.

**Underarm Throw** – A pushing-type throw used for short distances.

**Overarm Throw** – A throw with the arm travelling above shoulder level.

**Long Barrier** – A low, side-on body position to safely stop a rolling ball.

- Accuracy** – Precision in aiming and delivering the ball.
- Batting** – Striking the ball to score runs or defend the wicket.
- Straight Drive** – A controlled shot along the ground in line with the wicket.
- Forward Defence** – A blocking shot to protect the wicket.
- Overarm Bowling (Seam)** – Legal delivery with a straight arm and shoulder rotation.
- Finger Placement** – Correct grip on the seam of the ball.
- Arm Rotation** – Movement of the shoulder to generate bowling momentum.
- Follow Through** – Continuation of motion after ball release for accuracy.
- Strategy** – A planned approach to outwit an opponent.
- Run Out** – Dismissing a batter before they reach the crease.
- Backing Up** – Supporting another fielder to prevent errors.
- Fielding Placement** – Positioning players strategically around the pitch.
- Striking Direction** – Hitting the ball into space to avoid fielders.
- Assessment** – Measuring mental, social, and physical performance in sport.

## Football

- Tackle** – Using skill to win the ball from an opponent legally.
- Jockeying** – Defensive positioning to delay or contain an attacker.
- Lofted Pass** – A pass travelling through the air to a teammate.
- Driven Pass** – A fast, low pass struck with the laces.
- Curled Cross** – A cross that curves in flight towards a target area.
- Control** – The ability to receive and maintain possession of the ball.
- Instep** – The inside of the foot used for accurate shooting or passing.
- Laces** – The top of the foot used for powerful shooting.
- Trivela** – Curling the ball with the outside of the foot.
- Combination Play** – Linking passes between teammates to create scoring chances.

## Gymnastics

- Vaulting** – Using an apparatus to perform dynamic gymnastic movements.
- Hurdle Step** – A running step transferring horizontal speed into height.
- Trampoline** – A small square trampoline for launching into vaults or jumps.
- Springboard** – A flexible board used to gain height and momentum.
- First Flight** – The phase after take-off from the board to contact with the vault.
- Second Flight** – The phase from leaving the vault to landing.
- Optimal Power** – Maximum power generated for height and control.
- Demonstrate** – To show a skill or movement as a visual example.
- Resilient** – Able to adapt positively to challenge or difficulty.
- Complex** – More advanced or difficult movement combinations.
- Accuracy** – Performing movements precisely.
- Approach** – Controlled movement toward the apparatus before take-off.
- Handspring** – Rotating the body over the hands in a forward or backward motion.
- Prerequisites** – Skills or movements required before attempting a higher-level element.

## Hockey

- Dribbling** – Moving the ball with repeated controlled touches of the stick.
- Control** – Maintaining possession of the ball under pressure.
- Conditioned Practice** – A drill replicating game situations to improve decision-making.
- Push Pass** – A short, accurate pass made by pushing the ball.
- Hit Pass** – A longer pass created by swinging the stick.
- Reverse Stop** – Controlling the ball using the reverse side of the stick.
- Outwit** – Gaining advantage by outsmarting an opponent.
- Creating Space** – Using movement to make areas free for passing or attacking.

**Defender** – A player whose role is to stop attacks and regain possession.

**Power** – The combination of strength and speed to generate force.

**Tackling** – Using the stick to legally win the ball from an opponent.

**Jab Tackle** – A quick poke of the stick to dispossess an attacker.

**Block Tackle** – A firm stop of the ball by positioning stick and body together.

**Assessment** – Evaluating understanding and performance of hockey skills.

## Netball

**Outwit** – To gain advantage by smart play or deception.

**Double Lead** – Running away from and then back into space to receive the ball.

**Reverse Pivot** – Changing direction while protecting the ball from a defender.

**Pivot** – Turning on one foot while holding the ball.

**Turning in the Air** – Catching and rotating mid-air to face a new direction.

**Turning Outwards** – Turning away from the centre of play when receiving.

**Turning Inwards** – Turning toward the centre when catching.

**Defender** – A player responsible for protecting their team's goal.

**Peripheral Vision** – The ability to see action outside the central field of view.

**Offside** – Moving into an area of the court outside your playing zone.

**Contact** – Physical interference with an opponent's movement or play.

**Obstruction** – Standing too close to the player with the ball.

**Assessment** – Applying skills and rules to evaluate performance in games.

## Outdoor and Adventurous Activities (OAA)

**Ordnance Survey Map** – A detailed map showing geographic data.

**Features** – Landmarks such as roads, paths, or rivers shown on a map.

**Symbols** – Icons representing features on a map.

**Contour Line** – Lines showing elevation or depression of the land.

**Map Orientation** – Aligning the map with true north and the terrain.

**Grid Referencing** – A numbered system identifying exact map locations.

**Route Plan** – Planning a journey using a map safely and logically.

**Bearing** – A compass measurement giving direction in degrees.

## Rounders

**Underarm Throw** – A pushing throw for accuracy over short distances.

**Accuracy** – Precision in throwing or striking.

**Long Barrier** – Stopping a rolling ball using the body and legs as a wall.

**Short Barrier** – Scooping a ball from the ground using both hands close together.

**Bowling** – Delivering the ball underarm to the batter within legal height.

**Fielding** – Stopping, catching, or returning the ball to prevent scoring.

**Placement** – Hitting or throwing the ball into open space.

**Obstruction** – Blocking another player's movement unfairly.

**Backstop** – The fielder positioned behind the batter.

**Deep Fielder** – A player stationed far from the batter to catch long hits.

**Overarm Throw** – A throw where the arm travels above shoulder height.

**No Ball** – An illegal bowl that is too high, too low, or wide of the batter.

**Scoring** – Gaining points (rounders) by completing a circuit of the bases.

**Stumped** – Getting a batter out by touching the post with the ball before arrival.

**Mental** – Understanding of the rules and concepts of the sport.

**Social** – Ability to work with others and contribute to teamwork.

**Physical** – Practical ability to meet the demands of the sport.

## Year 9

### Football

**Passing** – Transferring the ball accurately to a teammate using various parts of the foot.

**Control** – Bringing the ball under possession with a first touch.

**Turning** – Changing direction quickly while maintaining possession.

**Attack** – Moving the ball forward to create a scoring opportunity.

**Beating an Opponent** – Using skill, pace, or deception to get past a defender.

**Defensive Tactics** – Team strategies to protect the goal and regain possession.

**Formation** – The structured arrangement of players on the pitch.

**Zonal Marking** – Defending by covering specific areas rather than individual players.

**Man-to-Man Marking** – Tracking and marking specific opponents directly.

**Transition** – The switch between attacking and defending phases.

**Support Play** – Providing passing options to the player with the ball.

**Width** – Stretching play across the pitch to create space.

**Depth** – Maintaining layers of attack or defence for structure.

**Pressing** – Applying pressure on opponents to regain possession.

**Counter-Attack** – Quickly transitioning from defence to attack.

**Offside** – Being ahead of the last defender when the ball is played.

**Communication** – Using verbal or visual signals to coordinate play.

**Team Shape** – Maintaining structure in both attack and defence.

**Possession** – Retaining control of the ball through accurate passing and support.

### Badminton

**Serve** – The shot that begins play, struck underarm diagonally across the court.

**Backhand** – A stroke played with the back of the hand facing the shuttle.

**Forehand** – A stroke played with the palm of the hand facing the shuttle.

**Overhead Clear** – A high, deep shot used to move the opponent to the back of the court.

**Drop Shot** – A softly hit shot that lands just over the net.

**Smash** – A powerful, downward shot aimed at winning the rally.

**Combination Shot** – Linking two or more shots together strategically.

**Footwork** – Efficient movement to reach and prepare for shots.

**Grip** – The way the racket is held to perform different strokes effectively.

**Rally** – The continuous exchange of shots between players.

**Court Awareness** – Knowing where you and your opponent are positioned.

**Shot Selection** – Choosing the most effective shot for the situation.

**Timing** – Hitting the shuttle at the ideal point for control and power.

**Trajectory** – The flight path of the shuttle through the air.

**Anticipation** – Predicting your opponent's next shot based on cues.

**Rotation** – Moving around the court to maintain attacking or defensive shape.

**Serve Receive** – Returning the opponent's serve with accuracy.

**Consistency** – Repeatedly executing shots with control and precision.

**Outwit** – Using deception to gain an advantage over your opponent.

### Netball

**Movement on and off the Ball** – Using space effectively to create passing options.

**Protecting the Space** – Positioning the body to shield the ball from defenders.

**Shooting** – Aiming to score by throwing the ball through the net.

**Defending** – Applying pressure to limit attacking opportunities.

**Centre Pass** – The pass that restarts play after each goal.

**Footwork** – Controlling balance and pivot to avoid stepping violations.

**Pivot** – Rotating on one foot to change direction while holding the ball.  
**Obstruction** – Defending from closer than three feet of the attacker.  
**Contact** – Physically interfering with an opponent's play.  
**Rebound** – Gaining possession after an unsuccessful shot.  
**Interception** – Catching or deflecting the ball to regain possession.  
**Zonal Defence** – Marking an area instead of an individual player.  
**Man-to-Man Defence** – Marking a specific opponent closely.  
**Timing of Pass** – Releasing the ball at the right moment to beat defenders.  
**Communication** – Using signals and voice to coordinate with teammates.  
**Shooting Circle** – The area where only specific players can shoot.  
**Offside** – Entering a section of the court not allowed for that position.  
**Transition** – Moving quickly between attacking and defensive roles.  
**Spatial Awareness** – Understanding player positions and court boundaries.

## Rugby

**Passing** – Transferring the ball backwards or sideways to a teammate.  
**Attacking Formation** – Organising players to move forward and create scoring opportunities.  
**Tackling** – Bringing an opponent to the ground safely to stop play.  
**1-on-1 / 2-on-1 / 3-on-1** – Tactical attacking or defensive matchups involving numerical advantage.  
**Marker System** – Defensive organisation used in open play to cover attacking players.  
**Kicking** – Using the foot to move the ball forward strategically.  
**Gameplay** – Applying tactics and decision-making in a live match.  
**Line of Attack** – The direction in which a team advances with the ball.  
**Ruck** – A contest for possession after a tackle with players bound over the ball.  
**Maul** – A moving group of players around a ball carrier who is still on their feet.  
**Scrum** – A set piece used to restart play involving eight players pushing together.  
**Offload** – Passing the ball out of contact to continue attacking momentum.  
**Support Play** – Staying near the ball carrier to receive passes or secure possession.  
**Phase Play** – Sequences of play between tackles and rucks.  
**Turnover** – Winning possession from the opposition during play.  
**Penalty** – Awarded for infringements such as offside or dangerous play.  
**Advantage** – Allowing play to continue if the non-offending team benefits.  
**Spacing** – Maintaining width to stretch the defence.  
**Line Speed** – The speed of the defensive line advancing towards attackers.

## Table Tennis

**Service** – The shot used to start play, hitting the ball after a bounce on your side.  
**Regulations** – The official rules that govern the game and scoring.  
**Backhand Topspin** – An attacking shot with spin applied using the backhand side.  
**Forehand Topspin** – A fast, spinning attacking shot using the forehand.  
**Gameplay** – The overall tactics and strategies used in a match.  
**Rally** – The continuous exchange of shots between players.  
**Placement** – Directing the ball accurately to specific areas of the table.  
**Spin** – Rotation of the ball affecting its bounce and flight.  
**Backspin** – A defensive shot that causes the ball to drop low after bouncing.  
**Sidespin** – Spin applied that curves the ball sideways during flight.  
**Smash** – A powerful attacking shot used to finish a point.  
**Block** – Returning an attacking shot using a short, controlled motion.  
**Push Shot** – A gentle, low shot used to keep the ball short and low over the net.  
**Footwork** – Quick and balanced movement to reach and return shots.  
**Consistency** – Repeatedly executing shots with control.  
**Topspin Rally** – An extended exchange of attacking, spin-based shots.

**Deception** – Using disguise in spin or movement to mislead the opponent.

**Timing** – Striking the ball at the optimal moment for accuracy.

**Reflexes** – Quick reactions required to return fast shots.

**Anticipation** – Predicting the opponent's shot before contact.

