

# LITERACY MAT

## Year 7 Physical Education



**ST BERNARD'S  
HIGH SCHOOL**

LOVE ONE ANOTHER AS I HAVE LOVED YOU

### KEY VOCABULARY

#### **Badminton**

Backhand short  
Underarm return  
Overhead clear

Depth

Baseline

Service line

#### **Netball**

Chest, Bounce and Shoulder pass

Centre pass

Landing foot

Pivot

Footwork

Obstruction

#### **Basketball**

Double dribble

Travelling

Layup

BEEF

Triple threat

Half court

### COMMAND WORDS

#### **Health Related Exercise**

Cardiovascular endurance

Resilience

Aerobic exercise

Power

Muscular endurance

Flexibility

Pacing

Heart rate

Warm up

#### **Gymnastics**

Body tension

Balance

Points of balance

Aesthetic

Matching

Mirroring

Flow

Cannon

Synchronisation

### KEY PUNCTUATION

#### **Athletics**

Clean palm, dirty neck

Toe, knee and chin

Follow through.

Push, sling, throw

Take off

Scissor kick and Fosbury flop

Acceleration

Arm drive

Speed

Power

Lead leg

Trail leg

#### **Rounders**

Bases

Backstop

Batting square

Half rounder

Full rounder

Short barrier

Long barrier

# LITERACY MAT

## SUBJECT CAN GO HERE



ST BERNARD'S  
HIGH SCHOOL

LOVE ONE ANOTHER AS I HAVE LOVED YOU

### WRITING SUPPORT

#### Develop

I can learn the key skills in the chosen activity in isolated drills and conditioned practices. I look to develop greater:

- Consistency
- Accuracy
- Speed
- Power

#### Perform

I can select and apply the key skills in game situations in the chosen activity. I look to show improved:

- Decision making in selecting the correct skill
- Decision making on the outcome of the skill
- Tactics
- Adaptability

### KEY SKILLS

#### Understand

I can show knowledge of how to perform

- Key Skills
- Rules
- Tactics

#### Evaluate

I can reflect on my own and others performances

- Strengths
- Weaknesses
- Strategies to improve

### TOP TIPS

RAISE your performance in PE by embodying our core values:

- Respect-yourself, your peers and the teacher.
- Achieve-Challenge yourself to be your best.
- Integrity-Always do the right thing
- Support-Each other, include and encourage.
- Effort-Always try your hardest, never give up.