

PE Vocabulary

Year 7

Rugby

- Scrum
- Line out
- Ruck
- Maul
- Jackle
- Clearing
- Prop
- Hooker
- Second Row
- Try
- Conversion
- Drop kick/goal
- Drive
- Scissors
- Crossing
- Scrum Half
- Touch/touchline
- 22/10/5/15m
- Smother
- Chop
- Fly Half

Netball

- Chest Pass
- Centre
- Shoulder pass
- Wing Defence
- Bounce pass
- Centre pass
- Goal Defence
- Footwork
- Goal Shooter
- Goal Keeper
- Sprint dodge
- Goal Attack
- Obstruction
- Feint dodge
- Wing Attack
- Contact
- Re-possession
- Penalty pass

Cross Country

- Timekeeper
- Place judge
- Incline
- Pacing
- Terrain
- Interval
- Fartlek
- Continuous training

Basketball

- Dominant/weaker hand
- High bounce
- Crossover
- Dribble
- Rebound
- Lay-up
- Set shot
- Jump shot
- Free throw
- Jump stop
- Stride stop
- Drop step
- Half court/full court press

- Three/two pointer
- Technical foul
- Shot clock
- Violation
- Travel
- Double dribble
- Goal tending
- Back court violation

Table Tennis

- Spin
- Forehand
- Backhand
- Topspin
- Backspin
- Serve
- Smash
- Lob
- Singles
- Doubles
- Drive
- Push

Fitness

- Flexibility
- Agility
- Muscular endurance
- Multi-stage test
- Sit and reach test
- Illinois
- Carotid
- Radial
- Dynamometer
- Interval
- Intensity
- Aerobic
- Fartlek
- Training zone
- Anaerobic
- Continuous
- Circuit training

Football

- Heading
- One touch/two touch
- Driven
- Lofted
- Instep
- Outstep
- Volley
- Half volley
- Free kick
- Flick on
- Block tackle
- Jab tackle
- Slide tackle
- Shot stopping
- Punching
- Offside
- Throw-in
- Corner

Hockey

- Open/closed stick
- Push pass
- Slap pass
- Sweep pass
- Indian dribble

- Block tackle
- Jab tackle
- Long corner
- Short corner
- Push back
- Sweeper
- Mid field

Badminton

- Backhand
- Forehand
- Baseline
- Centre line
- Clear
- Drive
- Drop shot
- Fault
- Kill shot
- Let
- Net push
- Rally
- Serve
- Smash
- Flick serve
- Tram lines
- Shuttlecock

Gymnastics

- Locomotion
- Floorwork
- Horse
- Buck
- Cartwheel
- Vault
- Pencil roll
- Forward roll
- Circle roll
- Arabesque
- Headstand
- Handstand
- Shoulder stand
- V-sit
- Round off
- Handspring
- Counter balance/tension

Athletics

- Sprinting
- Middle distance
- Long distance
- Hurdles
- Flight
- Landing
- Long jump
- Triple jump
- High jump
- Release
- Recovery
- Shot putt
- Discuss
- Javelin
- Sand pit
- Take off board
- Starter
- Marshal
- Judge
- Timekeeper
- Place judge

- Relay judge
- Field event judge

Cricket

- Wicket keeper
- Field
- Overarm
- Stumps
- Bails
- Underarm
- Bowl
- Wicket
- No ball
- Six/four
- Run out
- Backing up
- Leg side
- LBW (leg before wicket)
- Spin
- Seam
- Swing
- Delivery

Rounders

- Back stop
- Field
- Overarm
- Stump
- Underarm
- Bowl
- Obstruction
- No ball
- Rounder
- Run out
- Donkey drop
- Batting square
- Spin

Tennis

- Volley
- Service
- Forehand
- Backhand
- Service box
- Tram lines
- Love
- Deuce
- Smash
- Lob
- Singles
- Doubles
- Umpire
- Return

Softball

- Mitt
- Softball
- Pitch
- Diamond
- Catcher
- Bases
- Pitcher
- Infield
- Outfield
- Home run
- Safe
- Strike
- No ball

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