

## APPENDIX I: GLOSSARY

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Please refer to Basic Movement Skills Developmental Process (see Framework Excerpts) for additional information on terms used within this document.

**Aerobic activity**—playing and exercising in activities (e.g., running, playing tag, jumping, swimming) that make the heart, lungs, and muscles work harder and faster.

**Agility**—“the ability to shift the body in different directions quickly and efficiently” (Kirchner and Fishburne, 701).

**Asymmetrical**—having each side different.

**Balance**—the ability to control or stabilize your equilibrium while moving (**dynamic** balance) or staying still (**static** balance).

**Body awareness**—includes awareness of

- **body parts** (e.g., arms, legs, elbows, knees, head)
- **body shapes** (e.g., curled, stretched, narrow, wide, twisted, symmetrical, asymmetrical)
- **body actions** (e.g., flex, extend, rotate, swing, push, pull)

**Body shapes:**

- **Curled**—body parts pulled together in a close, round shape.
- **Stretched**—body parts or whole body extended.
- **Narrow**—arms or legs extended close together to resemble a long, straight shape.
- **Wide**—arms or legs stretched out away from the trunk to make a large shape.
- **Twisted**—part of the body in a fixed position and another part moved away from the fixed part; limbs wrapped around each other, intertwined.
- **Symmetrical**—each side of body the same.
- **Asymmetrical**—each side of body different.

**Cardiovascular endurance**—the ability of the heart, blood vessels, and lungs to provide the working muscles with adequate oxygen during prolonged activity; also called **aerobic endurance** or **capacity**.

**Coordination**—“the ability to use your eyes and ears to determine and direct the smooth movement of your body” (e.g., hands, feet, arms, head) (Rainey and Murray, 395).

**Deking**—using a fake movement (e.g., moving the head and shoulders one way and the body another way) to deceive another player.

**Dodging**—moving quickly to change direction, pathway, and/or speed to evade a player or an object.

**Dynamic balance**—controlled body position and posture while in motion.

**“Everyday” foods**—foods that *Canada’s Food Guide to Healthy Eating* (Health Canada) identifies as nutritious and should be eaten every day.

**Flexibility**—the range and ease of movement of a joint (limited by bone, muscles, ligaments, tendons, and the bone-joint capsule).

**Functional capacity**—performance level based on individual abilities and capabilities with respect to factors such as shortness of breath, keeping within target heart rate zone.

**Functional use**—promotes actual, real-world, purposeful participation. It respects individual variation and diversity in style and/or performance. A functional approach to instruction and assessment encourages the use of basic skills in a variety of forms, to solve tasks, challenges, and problems, in a way that is meaningful to individuals and society.

**Funnelling**—directing someone toward a direction to limit his or her movement or pathway.

**General space**—the overall play area available in which to move.

**Grapevine**—a step toward the left side (count 1), a step placing the right foot behind the left foot (count 2), a step left to the side (count 3), and then a step placing the right foot in front of or beside the left foot (count 4).

**Gymnastic movement patterns:**

- **Landings**—safely taking weight on feet and/or hands to prevent injuries in falls.
- **Statics**—still positions, including static balances, hangs (suspension activities whereby the shoulders are below the point of suspension), and supports (any stable position that is not a hang).
- **Springs**—the rapid displacement of the body by either the legs (e.g., jump, leap) or arms (e.g., pop, rebound).
- **Rotations**—any turn or spin about one of the three primary axes: longitudinal (e.g., twists, pivots), transverse (e.g., rolls, somersaults), or horizontal (e.g., cartwheels).
- **Locomotion**—the movement of the body using the various forms of transport (e.g., walking, hopping, skipping).
- **Swings**—rotation around an axis outside the body, evolving from hangs or supports.

**Health-related fitness components**—may include cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.

**Heart rate**—the number of beats of the heart, normally expressed as beats per minute.

**Leap**—taking off with one foot with a period of suspension, then landing on the other foot. Ensure that students leap at appropriate heights and stay on balls of feet when landing.

**Levels in space:**

- **High**—above the shoulders.
- **Medium**—between the shoulders and knees.
- **Low**—below the knees.

**Match**—students are side by side and perform the same movements at the same time.

**Mature level of skill development**—the mature phase represents a period when all aspects of a skill can be used and applied to a variety of situations. The characteristics of a mature phase include rhythmical movement, controlled and coordinated movement, and consistent performance.

**Mirror**—students face each other and perform the same movements, like looking in a mirror.

**Moderate activity**—approximately 60% to 70% of maximum aerobic capacity (Kichner and Fishburne, 146).

**Muscular endurance**—the ability of a muscle or group of muscles to exert force over an extended period of time without incurring fatigue.

**Muscular strength**—the amount of force that can be exerted by a muscle or group of muscles in a single effort.

**“Other foods”**—foods that are not included in the four food groups but can be served with them in meals and snacks, according to *Canada’s Food Guide to Healthy Eating*. Some “other foods” are high in fat, sugar, or salt, and should, therefore, be used in moderation. They include

- foods that are mostly fats and oils (e.g., butter, margarine, cooking oils, lard)
- foods that are mostly sugar (e.g., jam, honey, syrup, candies)
- high-fat and/or high-salt snack foods (e.g., chips, pretzels)
- beverages (e.g., tea, coffee, soft drinks)
- herbs, spices, and condiments (e.g., mustard, ketchup)

**Personal space**—the immediate empty space around an individual.

**Planes:**

- **Frontal plane**—an imaginary division of the body along a vertical axis into front and back.
- **Horizontal plane**—an imaginary division of the body along a horizontal axis into top and bottom, high or low.
- **Sagittal plane**—an imaginary division of the body along a vertical axis into right and left sides; movements are performed parallel to either side of the body.

**Power**—“the ability of the body to apply a maximum muscular contraction with the quickest possible speed” (Kirchner and Fishburne, 706).

**Pulse rate**—the measure of the heart’s mechanical work in the circulatory system or the number of times the heart sends blood into the blood vessels, normally expressed as beats per minute.

**Qualities of effort in movement:**

- **Time**
  - **Fast** (e.g., quick, explosive).
  - **Slow** (e.g., careful, drawn out, sustained).
- **Force**
  - **Strong** (e.g., intense, heavy, forceful, loud).
  - **Light** (e.g., easy, weak, gentle, soft).
- **Flow**
  - **Free**—smooth, large, continuous movement that is flowing and ongoing and cannot be readily stopped.
  - **Bound**—small, controlled, restricted movement that can be readily stopped.

**Reaction time**—“the ability to react or respond quickly to what you hear, see, or feel” (Rainey and Murray, 398).

**Relationship:**

- **Lead**—move in front of a partner or group.
- **Follow**—move behind a partner or group.
- **Chase**—move quickly to reach or overtake a person or object.
- **Flee**—move quickly to avoid a chaser.
- **Dodge**—move quickly to change direction, pathway, and/or speed to evade a player or an object.

**Skill-related fitness**—the ability to perform successfully during games and sports (also called **performance fitness**).

**Skill-related fitness components**—may include agility, balance, coordination, power, speed, and reaction time.

**Slide**—a gallop performed in a sideways direction.

**“Sometime” foods**—foods that are not nutritious and fall into the “other foods” category identified in *Canada’s Food Guide to Healthy Eating*. These foods may be eaten occasionally but not regularly. They may be harmful to your health.

**Space awareness**—refers to where the body moves with respect to

- **locations** (e.g., personal and general space)
- **directions** (e.g., forward, backward, sideways, up, down)
- **levels** (e.g., low, middle, high)
- **pathways** (e.g., curved, straight, zigzag)
- **planes** (e.g., frontal, horizontal, sagittal)

**Speed**—“the ability to move your body or parts of your body swiftly” (Rainey and Murray, 399).

**Static balance**—controlled body position and posture while at rest.

**Symmetrical**—having each side the same.

**Vigorous activity**—approximately 70% to 85% of maximum aerobic capacity (Kirchner and Fishburne, 146).

## Notes

