APPENDIX I: GLOSSARY

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