

BALANCE – the ability to keep an upright posture while standing still or moving.

BALLISTIC STRETCHING – bouncing or making quick jerking movements while performing a flexibility exercise.

BARBELL – an apparatus used in weight – lifting, consisting of a bar with replaceable, disk – shaped weights fastened to the ends.

BE ACTIVE KIDS® – a statewide initiative providing physical activity related support and resources to individuals caring for young children in North Carolina. Be Active Kids is a signature program of Blue Cross and Blue Shield of North Carolina Foundation.

BENDING – moving a joint.

BODY AWARENESS – what the body can do (body part identification, transferring weight, balancing, flight, etc.).

BODY COMPOSITION – the makeup of the body tissues, including muscle, bone, body fat, and all other body tissues.

BODY FAT – the percentage of body weight that is made up of fat.

BODY MASS INDEX (BMI) – a number calculated from one’s weight and height. BMI provides a reliable indicator of body fitness.

CARDIOVASCULAR ENDURANCE – the body’s ability to undergo vigorous exercise for an extended period of time (aerobic/anaerobic).

CATCHING – receiving and controlling an object using the body or its parts.

COOL – DOWN – a series of activities to help the body recover after a workout, usually consisting of a heart cool – down and a muscle cool – down and stretch.

CRAWLING – moving around on the stomach like an army man or snake.

CREEPING – moving around on your hands and knees like a cat.

DEVELOPMENTAL MILESTONES: a set of functional skills or age-specific tasks that most children can do at a certain age range. Although each milestone has an age level, the actual age when a normally developing child reaches that milestone can vary quite a bit. Every child is unique!

DRIBBLING – the skill of striking an object multiple times in a row (e.g., using hands or feet).

EFFORT AWARENESS – how the body moves (time, speed, force, flow, etc.).

EXERCISE – physical activity done especially for the purpose of becoming physically fit.

FINE MOTOR SKILLS – involves limited movement movements of parts of the body in the performance of precise movements. Writing, typing and stringing beads are examples of fine motor movements.

FITT PRINCIPLE – each letter represents a factor important for determining the correct amount of physical activity: F = frequency; I = intensity; T = time; T = type of activity.

FLEXIBILITY – the ability to move the joints in an unrestricted fashion through a full range of motion.

FUNDAMENTAL MOTOR SKILLS – common motor activities that involve skills that are the basis for other activities (locomotor, nonlocomotor, manipulative).

GALLOPING – a combination of a step and a run in which there is a lead leg and a trail leg (same leg stays in front) – forward direction.

GROSS MOTOR SKILLS – involves movement of the large muscles of the body. Most sports skills are classified as gross motor movements.

HEALTH – a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

HEALTH – RELATED FITNESS – components of physical fitness that have a direct impact on promoting health and wellbeing: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.

HEART RATE – the number of heartbeats per unit of time, usually expressed as beats per minute.

HOPPING – a springing action leaving the ground with one foot and landing on the same foot.

JOG – to run at a leisurely, slow pace which is typically between a walk and a run.

JUMPING – a springing action leaving the ground with one or two feet and landing on two feet.

KICKING – making contact with an object using your feet.

LEAPING – an extension of a run using greater force; leaving the ground with one foot and landing on the opposite foot.

LOCOMOTOR SKILLS – large-muscle skills involving a change of direction of the total body (creeping, crawling, scooting, walking, running, hopping, skipping, galloping, sliding, chasing, fleeing and dodging, etc.).

LOOSE PARTS - materials that can be moved, carried, combined, redesigned, lined up, and taken apart and put back together in multiple ways. They are materials with no specific set of directions that can be used alone or combined with other materials. Loose parts can be natural or synthetic.

MANIPULATIVE SKILLS – also referred to as object manipulation skills include movements that involve controlling one or more object with the hands, feet or other body part (throwing, catching, collecting, kicking, punting, dribbling, volleying, striking with a racket/paddle, etc.).

MODERATE – INTENSITY PHYSICAL ACTIVITY – on an absolute scale, physical activity that is done at 3.0 to 5.9 times the intensity of rest. On a scale relative to an individual’s personal capacity, moderate-intensity physical activity is usually a 5 or 6 on a scale of 0 to 10.

MOVEMENT CONCEPTS AND AWARENESS – center on how a movement is performed through the elements of body, space, effort, and relationships (BSER).

MOVEMENT THEMES – center on movements that are performed or executed; classified into fundamental motor skill areas: locomotor, nonlocomotor and manipulative

MUSCULAR ENDURANCE – the muscle’s ability to produce force over a period of time (repetition).

MUSCULAR STRENGTH – the amount of force a muscle can produce (one time).

NONLOCOMOTOR SKILLS – also referred to as nonmanipulative skills include various movement of the body performed from a stationary base (turning, twisting, rolling, balancing, transferring weight, jumping and landing, stretching, curling, etc.).

OBESITY – Obesity is an abnormal accumulation of body fat, usually 20% or more over an individual’s ideal body weight, a BMI of over 30 for adults and BMI at or above the 95th percentile for children. Obesity is associated with increased risk of illness, disability, and death.

OVERWEIGHT – more than normal in body weight after adjustment for height, body build, and age, or 10% to 20% above the person’s “desirable” body weight. A body mass index between 25.0 and 29.9 for adults and BMI at or above the 85th percentile and lower than the 95th percentile for children.

PHYSICAL ACTIVITY – movement using the larger muscles of the body; includes sports, dance and activities of daily life; may be done to accomplish a task, for enjoyment, or to improve physical fitness.

PHYSICAL EDUCATION – a planned, sequential program of curricula and instruction that helps students develop the knowledge, attitudes, motor skills, self-management skills and confidence needed to adopt and maintain physically active lifestyles (teacher directed).

PHYSICAL FITNESS – the ability of the body systems to work together efficiently.

PLAY – how young children physically explore their environment to facilitate language, creativity, and social skills. Play may or may not include moderate to vigorous physical activity (child directed).

PUNTING – the skill of kicking an object that has been released from the hands, while it is still in the air.

RECESS – unstructured playtime where children have choices; develop rules for play and release energy and stress. It is an opportunity for children to practice or use skills developed in physical education (teacher facilitated).

RELATIONSHIPS AWARENESS – how the body relates to objects and others (with objects, with people, with your body).

RUNNING – same as walking but at a faster rate with brief moments of flight when both feet are off the ground.

SCOOTING – moving in a crawling motion on one leg and dragging the other leg.

SEDENTARY – being inactive or participating in very little physical activity.

SKILL – the capacity for doing a specific task well; improves with practice.

SKILL – RELATED FITNESS – parts of fitness that help a person perform well in sports and activities requiring certain skills; includes agility, balance, coordination, power, reaction time, and speed.

SKIPPING – a combination of a step and a hop, alternating feet.

SLIDING – a combination of a step and a run in a sideways direction.

SPACE AWARENESS – where the body moves (location, directions, levels, pathways, extensions, etc).

STRETCHING – moving body parts away from the center of gravity in order to improve flexibility. Should be done in a slow and controlled motion to the point of tension not pain.

STRIKING – making contact with an object using another object.

STRUCTURED PHYSICAL ACTIVITY – developmental activity that is planned and supervised by a parent, caregiver, or teacher.

SWAYING – fluidly and gradually shifting the center of gravity from one body part to another.

SWINGING – rhythmical, smooth motion of a body part resembling a pendulum.

THROWING – propelling an object away from the body using your hands.

TURNING – rotating the body along the long axis.

TWISTING – the rotation of a selected body part around its long axis.

UNSTRUCTURED PHYSICAL ACTIVITY – also known as free play. It is child – initiated physical activity in which choice, freedom, and exploration are developed as the child moves throughout his or her environment. Children are likely to have structured activities but on their own terms.

VIGOROUS – INTENSITY PHYSICAL ACTIVITY – on an absolute scale, physical activity that is done at 6.0 or more times the intensity of rest. On a scale relative to an individual’s personal capacity, vigorous – intensity physical activity is usually a 7 or 8 on a scale of 0 to 10. During this type of physical activity it would be hard to hold a conversation with someone.

VOLLEYING – making contact with an object using body parts.

WALKING – the process of alternately losing balance and recovering while moving forward or backward in an upright position .

WARM-UP – a series of activities, usually consisting of a heart warm-up and a muscle warm-up.

WELL – BEING: a state characterized by health, happiness, and prosperity.

WELLNESS – the process of adopting patterns of behavior that can lead to improved health and heightened life satisfaction .

YOGA – a system of exercises practiced as part of this discipline to promote control of the body and mind.

NOTE: Additional movement terminology can be found at www.beactivekids.org.

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