

## Georgia Performance Standards Framework for Physical Education

### Glossary of Terms

Action -Reaction - forces that occur as a pair; both equal in magnitude and opposite in direction. The distinction between action and reaction is purely arbitrary: anyone of the two forces can be considered an action, in which case the other (corresponding) force automatically becomes its associated reaction.

Aerobic - brisk physical activity that requires the heart and lungs to work harder to meet the body's increased oxygen demand. The exercises place demand on the heart and lungs and can be sustained for extended periods of time.

Affective domain – the development of values, attitudes, appreciations, and other character attributes important to one's personal feelings about oneself and relationships with others.

Agility - the quality or state of being agile (ability to move with quick easy grace).

Alignment - directness of the link among standards, local curriculum, instructional materials, instructional methods, and assessments.

Alternate physical sites for heart rate - wrist, neck.

Anaerobic - any activity that utilizes oxygen at a faster rate than your body can replenish it in the working muscles. This type of exercise is intense and short duration. Glycogen is the main source of fuel.

Angling - the act or sport of fishing with hook and line.

Balance - stability produced by even distribution of weight on each side of the vertical axis.

Basic - constituting or serving as the basis or starting point.

Basic movement pattern - the movement patterns that are the foundation of all other movement. Examples include walk, run, slide, skip, jump, hop, gallop, and skip.

Biomechanics - the study of body movements and the forces acting on the musculoskeletal system.

Body mechanics - the study of how the body moves and how the body responds to stresses that act on it.

Body Mass Index (BMI) - a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

Cardiorespiratory - having to do with the heart, lungs, circulatory, and respiratory systems.

Cardiovascular endurance - the ability to continue repeated vigorous activity over a period of time without overly stressing the Cardiovascular system.

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Catch - to absorb force and gain control of an object by using one's hands or some type of equipment.

Center of gravity - the point at which the total mass of a body or system is assumed to be centered.

Chase - to follow somebody quickly in order to catch him or her.

Choreograph - to plan out dance movements to a piece of music.

Cognitive domain – refers to learning and application of knowledge used by individuals.

Competency – a level of performance in which the participant can take part in a game or activity with sustained, continuous movement and make a meaningful contribution to the outcome.

Conditioning - refers to the development of physical fitness through the adaptation of the body and its various systems to an exercise program.

Conflict resolution - the process of attempting to resolve a dispute or a conflict between two or more students during activities; understanding that problem-solving skills are employed to de-escalate the situation.

Controlled practice - a supervised environment to train students in the knowledge and skills necessary for understanding and applying the concepts of physical education.

Cool down - a period of light activity following exercise that allows the body to slow down and return to near resting rates.

Cooperative - the ability to work with others in games or activities.

Cross lateral - reaching across the body to perform an exercise.

Direction - a line or course on which something is moving or aiming.

Dodge - to make a sudden movement in a new direction to avoid getting hit.

Dynamic balance - the ability to maintain balance while in motion without constant support.

Educational gymnastics - one of the three areas covered with a movement education approach to teaching. The emphasis is placed on having students respond to challenges that are developmentally appropriate for the individual that will lead to personal achievement and success. Activities typically focus on locomotor and non-locomotor activities such as rolling, balance, weight transfer, etc.

Effort - when used with movement education, effort is one of the four major components with the other components being body awareness, space awareness, and relationships. Effort can also refer to the use of physical energy and the willingness to work hard to accomplish a skill.

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Formal activities – refers to structured or organized activities such as those played in a league, intramural program, parks and recreation, YMCA, etc.

Informal activities – refers to unstructured activities that have minimal levels of organization and/or rules that children participate in spontaneously and/or without adult supervision.

Low organized games - simple lead-up games that develop at least one game skill, maximizes participation by all students, creates a sense of fair play and emphasizes fun, fitness, and teamwork.

Manipulative - objects or implements (such as racquets, bats, balls, etc.) that a student is instructed to use in a way that teaches or reinforces a lesson.

Mastery – the ability to perform a skill with correct form and the performer would be able to demonstrate this correct form multiple and consecutive times.

Mature - a skill that has been developed to a desired condition or to proficiency.

Minimal conflict - resolution of problems, disagreements without verbal or physical violence.

Moderate physical activity - physical activity (exercise) that generally requires sustained rhythmic movements. A person should feel some exertion but should be able to carry on a conversation comfortably during the activity.

Motor skill development - learning skills using voluntary movements to complete a task.

Movement concepts - a general understanding of concepts such as body awareness, space awareness, movement qualities, and relationships which are used to develop a range and efficiency of skill movement.

Movement sequence - a series of movements performed in order (i.e. a dance or gymnastic sequence).

Muscular endurance - the ability of a muscle or muscle group to exert a sub-maximal force repeatedly over a period of time.

Muscular strength - the ability of a muscle or muscle group to exert a maximal force against a resistance one time through the full range of motion.

Net/wall games - games in which players use skills, strategies and tactics to outwit the opposition by sending a ball (or other implement) towards a court or target area which their opponent is defending.

Non-locomotor skills - skills that include bending, twisting, turning (in place) moving toward and away from the center of the body, raising and lowering the parts of the body, and other body movements done in place.

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Non-structured activities – activities, dances, or games that have minimal organization and/or formal rules. Children typically would play or participate in these activities without supervision by an adult.

Non-symmetrical or asymmetrical – used to describe a balance that if a line was drawn through the center of gravity, both sides would be identical or have the same body parts..

Pacing - regulating the tempo or speed at which you move.

Pathways - patterns we make as we move through the air or around the floor (i.e., straight, vertical, horizontal, zigzag). Pathways can also be curved, regular, straight, or a combination of these.

Pedometer - also referred to as an accelerator. A device, usually portable and electronic that counts each step a person makes and records the distance traveled.

Perceived - to feel; to sense; to distinguish; to discern; to achieve understanding of or interpret something in a particular way; as seen or understood by an individual.

Person -to-person defense - a system of defense in sports, especially in basketball and football, in which each defender is responsible for guarding one player.

Personal space - the "space bubble" around the body, extending as far as the body and body parts can reach, without traveling.

Physical fitness - used in two close meanings: general fitness (a state of health and well-being) and specific fitness (a task-oriented definition based on the ability to perform specific aspects of sports or occupations).

Physically educated - a person who has learned skills necessary to perform a variety of physical activities; is physically fit; participates regularly in physical activity; knows the implications and benefits from involvement in physical activities; values physical activity and its contributions to a healthful lifestyle.

Physiological changes - changes that the body goes through during exercise.

Power - skill-related component of fitness that relates to the rate at which one can perform work.

Practice plan - a plan of action for practicing a skill or game.

Problem solving activities - activities that require students to demonstrate higher level thinking skills. When used with adventure curriculum activities, these activities require students to work together to solve an issue or challenge using mental and physical skills.

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Proficient - able to perform a skill at a high level, typically the automatic stage of skill performance.

Proper techniques - use of the desired form for a skill.

Psychomotor domain - physical activity relating to fitness.

Recovery time - time or rest between exercises.

Regularly – when referring to participation in physical activity, regular participation means that students engage in physical activity on most days of the week.

Rhythmic activities - activities set to a pattern or beat, like a dance or jump rope.

Self control – the ability to demonstrate restraint and be in charge of one’s environment.

Small-sided games - games played to allow maximal opportunities to respond for all participants and typically include 2 to 4 people per team.

Structured – activities, games, or dances that have rules or guidelines and can be repeated or reproduced when directed.

Tempo - the speed of the beat, e.g. 4/4 time

Throw - to propel something through the air by swinging the arm and releasing the object from the hand.

Tinikling – a folk dance that originated in the Philippines. To perform this dance, two people strike bamboo poles or sticks approximately 12 feet in length together and then against the floor two times is a rhythmic pattern. As the people using the poles beat the poles on the ground, dancers perform a variety of steps between the poles. Examples of these steps include singles, doubles, straddles, hops, etc.

Toss – to lightly throw something, a ball, beanbag, etc.

Trajectory – the path of a flying object that a projectile makes through space under the action of given forces such as thrust, wind, and gravity.

Ultimate frisbee – an invasion game played using a flat disc that is typically thrown using a side-arm throwing pattern. The goal of the game is to pass the disc among members of the team and score a goal.

Vigorous physical activity – physical activity (exercise) that is intense enough to result in a significant increase in heart and respiration rate.

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Warm-up - exercise before a physical activity or special exercises that you do to flex and stretch the muscles that help prevent you from feeling sore.

Weight transfer - moving from one supporting foot (or supporting limb/body part) to another.

Zone defense - a system of defense in sports, especially in basketball and football, in which each defender is responsible for guarding a portion of the playing area.