

Get Ready!

Glossary of Terms

Cardiovascular Endurance – the ability of the heart and lungs to sustain prolonged activity requiring large muscle movement

Communication – the exchange of thoughts/messages by verbal/nonverbal means

Cool Down Activity – slower paced activity, like walking/stretching done at the end of vigorous activity; it allows the heart rate to slow down

Developmentally Appropriate Games – games that are consistent with the level of skill development of the children

Fair Play – participating with integrity, respecting others (playmates, opponents) and game rules

First Aid Principles – the sequence of events recommended in an emergency situation; check your organization's first aid guidelines

Flexibility – the ability to move a person's joints through their full range of motion without discomfort or pain

Injury – damage (harm/hurt/wound) to the body by an external force

Healthy Lifestyles – behaviour patterns promoting optimal health

Modifying Task – changing activities/intensity of a game to change the degree of difficulty for players

Movement Skills – the activities that are the foundation of all physical activity and include:

- Locomotion/travelling skills – those used to move the body from one point to another (e.g., walking, running, galloping, jumping, skipping, hopping, climbing)
- Manipulation skills – those which give/receive force to and from objects (e.g., throwing, catching, collecting, kicking, punting, dribbling, volleying, striking)
- Stability skills – those that have the body remain in place but permit movement around its horizontal/vertical axis (e.g., balancing, bending, stretching, twisting, turning)

Muscular Endurance – the ability to perform repeated muscular contractions/hold a contraction until fatigue sets in

Muscular Strength – the ability to contract muscles to overcome resistance and exert force

Non-loco-motor skill – movement that is performed from a relatively stable stationary base such as stretching, balancing, turning

Physical Activity – using muscles to move the body by using energy

Physical Fitness – qualities, which help define capacity for physical work (e.g., flexibility, agility, co-ordination, strength, balance, cardio-vascular endurance and muscular endurance)

Skimbols – picture symbols that represent the physical activity movement skills, social skills and ability adaptations used in a game



Locomotion/
Travelling



Manipulation



Stability



Social Skills



Ability
Adaptations

Social Skills – inter-personal skills used by children playing together (e.g., communication, planning strategies, decision making, logical consequences, problem-solving, negotiation, compromise, organizational skills)

Variations – changes that increase/decrease the difficulty of a game or other ideas to give variety to the game

Vigorous -Intensity Physical Activity – physical activity that will cause children to sweat and be 'out of breath'

Warm-up Activities – activities done to prepare the body for more active playing and to reduce the chance of injury (e.g., fast/brisk walking)