

Terms and Definitions for Physical Education

Standard PE 1-Motor Skills and Movement Patterns

Locomotor skills-Body movements that enable students to travel through a variety of environments. Examples include: walking, running, jumping, hopping, crawling, marching, climbing, galloping, sliding, leaping, skipping.

Non-locomotor skills-Fundamental body movements that do not incorporate travel. Examples include: bending, stretching, extending, turning, raising, twisting, rotating, swinging.

Combination of locomotor/non-locomotor skills-The blending of locomotor and non-locomotor skills to enhance body awareness, spatial awareness, balance, and coordination.

Manipulative skills(object control skills) Skills that require the ability to use an object/piece of equipment while maintaining control. Examples include: kicking, striking, dribbling, throwing, catching.

Movement and rhythm-Use of the body in coordinated ways, often in time to music or creating a pattern.

Examples include: dancing, walking, dribbling a basketball, skipping.

Lifetime activities-Activities that people can do throughout their course of their life, either alone or with others. Examples include: swimming, tennis, golf, running, snow shoeing, skiing.

Standard PE 2-Concepts and Strategies

Games and sport skills-Fundamental movement skills that are the building blocks of sport and are key to an active lifestyle.

Offensive and defensive skills-Competitive strategies on offense and defense. Offensive skills have a focus on executing a competitive advantage, while defensive skills have a focus on responding to a competitor's offensive strategy.

Movement concepts-Modification of fundamental and complex skills utilizing body, space, effort and relationships.

Strategies and tactics-A plan of action or game plan for physical activity, game, and/or sport.

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Standard PE 3-Fitness Education

Skill-related fitness-The fundamental components to engage in a variety of motor skills and movement patterns (agility, speed, power, balance, coordination and reaction time).

Health-related fitness-Utilizing and incorporating the five components of fitness essential to maintain and promote healthy living. The five components of health-related fitness are: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition.

Training principles for fitness/sport-Engaging in activities for the purpose of improving athletic performance and/or fitness level. The training principles are: overload, reversibility, progression, specificity.

Health-related fitness plan- A fitness plan or program designed to improve/maintain a person's overall physical health.

Sport training plan-A plan or program designed to improve and enhance athletic performance, including the physical and mental aspects of sport.

Fitness, sport and technology-A category of technology-based tools that can be utilized to examine and/or improve physical skills and fitness.

Examples include: wearable technology (monitors and trackers), video analysis, physical education/fitness apps, gaming systems, and virtual classes).

Physical activity-Any exercise or movement that expends energy. This includes intentional exercise or incidental movement that is part of a daily routine.

Standard PE 4-Responsible Personal and Social Behavior

Personal responsibility-Maintaining control of actions and thoughts during physical activity in a physical education setting.

Cooperative skills-The process of working together in physical activity and physical education activities. Examples include: listening, discussing, group decision making and group execution for the common good.

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Rules/etiquette/safety-A set of expectations in a physical education setting supporting safety, overall understanding and maintaining a sense of order.

Standard PE 5-Recognition of the Value of Physical Activity

Challenge-A task or problem that tests a person's physical and mental capacity.

Self-expression-The articulation of a person's thoughts, ideas and personality through physical activity and/or sport.

Enjoyment-The act of taking pleasure in and benefiting from physical activity and/or sport.