

Glossary

Active listening	Effective listening behaviours that enhance the communication process. At ES1 it involves looking at the speaker, asking questions and summarising. At later stages it involves more complex skills such as clarifying, checking, reflecting and reframing.
Activity patterns	Information on the physical activity level of an individual or population, including frequency of participation, preferred activities and reasons for participation.
Analgesics	Drugs that relieve mild to moderate pain. They include aspirin, paracetamol, codeine and non-steroidal anti-inflammatories. Usually self-prescribed.
Assertiveness	An attitude that conveys a message that a person is 'set' in their response and will not be influenced. This attitude comes from strength from within – not necessarily from superficial dramatic responses. It may be apparent only in facial expression or posture. It is possible to be quiet, yet strong in assertive expression.
Basic first aid	Providing simple emergency care, such as control of bleeding.
Bunny hops	Hands are placed on the ground, shoulder width apart. From a crouched position, push off both feet to take weight on hands. Adopt a tucked position in the air. Can be performed as a locomotor or non-locomotor skill.
Bunt	To strike a ball with a bat with a restricted follow-through in order to stop its progress.
Bush dance	A dance style of the early colonists expressing a range of life themes. It uses simple skipping, stepping and sliding movements performed in patterns that range in complexity, generally in circles or sets with a partner.
Chip kick	To kick a ball to clear a particular height. The emphasis is not usually for distance so the power applied is controlled.
Circle games	Games using a circular formation where all groups members can see each other.
Compositional skills	Ability to put together individual skills into an interesting and logical order, using the elements of movement to structure movement to express ideas. It may result in a product such as a dance, gym routine, or set play in a game.
Counterbalance	Moving the body or an object outside its normal point of balance in order to compensate for other forces acting upon it.
Creative dance	A non-stylised dance form that involves the use of movement to express ideas, thoughts and feelings in response to a stimulus.
Creative play	Play that evolves from the student's own thoughts, ideas and imagination. This form of movement exploration is not restricted by complex rules or conventions.
Defensive marking	Keeping in close contact with an opposition player in a competitive game situation in order to counteract their play.
Dodge	To change position suddenly to evade an opposing player. The movement can also be incorporated in other areas such as dance.
DRSABCD	Represents the process to follow in emergency care situations (Danger, Response, Send for help, Airway, Breathing, CPR, Defibrillation).
Drug	Any substance that when taken into the body alters its function physically or psychologically, excluding food, water and oxygen.

Dynamics	This refers to how movement is performed in terms of force and flow. Dynamics is one of the elements of movement.
Egg roll	Begin in a kneeling position. Tuck arms into the body and form a tight ball. Roll sideways (not over the head) and end in a kneeling position.
Elements of movement (also elements of dance)	The variables that are combined in composing and performing movement. The specific elements are dynamics, time, space and relationships. Other aspects that may be considered as elements are action or the types of movements used and structure or the way that movements are put together. In this syllabus action is dealt with in terms of locomotor and non-locomotor movement and structure is covered under composition.
Exercise	Planned, structured, repetitive bodily movement, an objective of which is to improve or maintain one of the components of fitness.
Fitness	A multi-component trait related to the capacity to perform physical activity. It consists of health-related components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition) and skill-related components (agility, balance, coordination, power, reaction time and speed).
Free play	Unconstrained play, exempt from regulations and restrictions.
Front support	Prone body position, with a straight line between shoulders and ankles. Body weight supported by hands with arms straight. Fingers point forward. Head neutral. In essence, this is the extended push-up position.
Fundamental movement skills	An organised series of basic movements that involve the combination of movement patterns of two or more body segments. They are considered the building blocks or foundations of human movement. Running, jumping, throwing, catching, kicking and striking are all examples of fundamental movement skills.
Grapevine	A movement used in a range of dance styles. Moving right: step sideways with right foot, then step left foot behind, then step right foot sideways, then left foot in front of right, step right, feet together. Repeat to left.
'I' messages	A form of assertive communication where the individual expresses their feelings and opinions in a way that promotes their rights while preserving the rights of others, eg 'I don't like it when you call me names because it hurts my feelings. I would prefer if we were friends.'
Indicator	Indicators exemplify the range of behaviours that contribute to achievement of outcomes. Indicators assist teachers in monitoring student progress within a stage. They also assist teachers in making on-balance judgements about the achievement of outcomes.
Laterality	Ability to use both sides of the body, eg kick a ball with right and left foot; throw and catch with both hands.
Likert scale	A clarification strategy where students respond to statements indicating the degree to which they agree or disagree.
Locomotor skills	The range of movements that can be used to make the body travel, eg run, skip, roll, leap.
Log roll (or pencil roll)	Sideways roll, in extended position, with arms above the head. This skill is performed slowly, with pauses in the prone and supine positions. Body should turn as one, not in segments.
Medicine	Non-prescribed or over-the-counter medicines can be obtained from chemists without a prescription. Prescribed medicines require a prescription from a medical practitioner or dentist.

Minor games	Simple games, with few rules, designed to practise skills in a competitive situation.
Modern dance	A dance style originating in ballet and incorporating many of its movements, but disregarding some of its conventions.
Modified sports	Sports that are adapted to suit young performers by rule or equipment changes.
Movement exploration	To discover the body's potential for moving by experimentation with different ways to move.
Movement patterns	A series of individual movement skills linked together logically.
No-Go-Tell	A series of safety steps or strategies that can be used in unsafe or threatening situations. It involves the skills required to say no in threatening situations, to get away from the unsafe situation and to seek help, advice and support.
Non-locomotor skills	The range of movements that can be performed that do not result in the body travelling, eg twist, stretch, punch. These skills can be combined with locomotor skills.
On-balance judgements	A term used to describe the professional judgement used to assess student achievement of outcomes. It is a determination made based on a range of evidence over time.
Outcome	A syllabus outcome expresses a specific intended result of the teaching of the syllabus. Outcomes are derived from the content of the syllabus and are arranged in stages. They provide clear statements of the knowledge, skills and understandings expected to be gained by most students as a result of effective teaching and learning.
Physical activity	Bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure.
Punt kick	To kick a ball that is dropped from the hands before it reaches the ground.
Rear support	Supine body position, back to the floor, with a straight line between shoulders and ankles. The body weight is supported by the hands. Fingers point to toes and arms are straight. This is an extended 'dips' position.
Relationships (movement)	This refers to how movement relates to individuals, groups and objects. Relationships is one of the elements of movement.
Resilience	The process and capacity that allows individuals to successfully adapt to challenges in their lives.
Response games	Activities designed to develop physical vocabulary, speed of information processing and reflexes.
Roll with straddle	Forward or backward roll ending with a finishing position where the legs are apart.
Scottische	A dance resembling a slow polka. Commonly, couples circle around the room, promenading forward and turning around each other. The music is in 2/4 or 4/4 time.
Side gallop	A quick sideways movement where both feet are off the ground at once.
Side sliding	Moving right: step sideways with right foot then drag left foot to meet right. Repeat.
Slinging	To cast, hurl or fling an object into the air, eg discus.

Social and emotional development	Involves increased awareness and realistic expectations of self and others; demonstration of cooperative and pro-social behaviour; constructive conflict resolution; a positive sense of self and others; pride in heritage and background; and a positive attitude to life.
Soft landing	For safety, students should give on impact (bend at knees, ankles and hips) to absorb the shock of landing.
Space	This refers to where movement takes place, the shapes, pathways and directions travelled. Space is one of the elements of movement.
Static balance	A stationary balance on one foot. Dynamic balance is when the moving body remains balanced, eg in fluent running action.
SWOT analysis	A creative thinking technique for exploring a problem or issue. It involves identifying relevant strengths, weaknesses, opportunities and threats.
Time	This refers to when the body moves, its rhythm, duration and speed of movement. Time is one of the elements of movement.
Tuck sit	Sitting with legs bent at knees, feet close to body and knees together. Arms circle the bent knees or are held out straight to the sides.
Tucked/twisted shapes	Small, tight, contracted (tucked) and winding, curved, distorted, circling (twisted) shapes that the body makes in a range of movement contexts.
Two-handed strike	Holding the striking implement, for example bat or racquet, with both hands when hitting a ball.
Values continuum	Students are asked to communicate their values in relation to particular issues by positioning themselves on a line where the two ends of the line represent 'agree' and 'disagree' (see Likert scale).