

## Physical Education Standards Glossary

The purpose of this glossary is to help the user better understand and implement the Physical Education Standards. It is not intended to be a list of all Physical Education terms.

The definitions in the glossary are general in nature. For specific information about grade level expectations, consult the examples column in the grade span documents.

<b>Aerobic Activity</b>	Aerobic means “in the presence of oxygen.” Aerobic activities are activities or exercise for which the body is able to supply adequate oxygen to sustain performance for long periods of time. (1)
<b>Continuous Activity</b>	Activity performed without breaks or rest.
<b>Criterion-referenced Assessments</b>	A test that measures performance or achievement against a standard of performance.
<b>Developmentally-Appropriate Physical Activity</b>	Activity that considers the developmental level (growth, maturation, and readiness) of a child and is appropriate in duration, intensity, and demands for the child’s level of development.
<b>Exercise</b>	Physical activity done for the purpose of getting physically fit. (1)
<b>Health-related Physical Fitness</b>	Physical Fitness that improves one’s health and indicates reduced risk of early death and increased quality of life. (1)

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<b>Intermittent Activity</b>	Activity marked by intervals, stopping and starting.
<b>Mature Form</b>	The critical elements of a skill, performed in smooth and continuous motion.
<b>Moderate Physical Activity</b>	For the purpose of this document, activity equal in intensity to a brisk walk. Level 1 activities from the Physical Activity Pyramid would be included in this category. (1)
<b>Modified Games</b>	Games that resemble the sport upon which they are based, but are adapted to accommodate the age, ability, and needs of students. Equipment, field size, rules, and number of players are examples of changes that can be made.
<b>Motor Skills</b>	Purposeful and voluntary movements that allow a student to perform a task.
<b>Normative-referenced Assessments</b>	A test that measures performance or achievement by comparing participants to a previously administered test that has determined the norms, or percentile scores.
<b>Physical Activity</b>	A broad term used to describe all forms of large muscle movements, including sports, dance, games, work, lifestyle activities, and exercise for fitness. (1)
<b>Physical Activity Pyramid</b>	Pyramid that illustrates how different types of activities contribute to the development of health and physical fitness. Activities lower in the pyramid require more frequent participation, whereas activities higher in the pyramid require less frequency. (1)

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<b>Physical Fitness</b>	The body's ability to function efficiently and effectively. Physical Fitness is associated with the ability to work effectively, enjoy leisure time, be healthy, resist lifestyle related disease, and meet emergency situations. (1)
<b>Skill-related Physical Fitness</b>	Physical fitness indicative of good motor performance. Includes agility, balance, coordination, power, reaction time, and speed. (1)
<b>Small-sided Games</b>	A game modification that reduces the number of players in a sport-based game and allows for greater participation and increased opportunity for players to practice and be active.
<b>Spatial Awareness</b>	Ability to comprehend own personal space (area around self to move safely with a piece of equipment and work under control) and move safely in general space (others might enter this space).
<b>Vigorous Physical Activity</b>	For the purposes of this document, activities that elevate the heart rate and are greater in intensity than brisk walking. (1)

### References:

1. Corbin, C., Welk, G., Corbin, W. and Welk, K (2006). *Fundamental Concepts of Fitness and Wellness, 2nd edition*. McGraw Hill, New York.