

ASYMMETRICAL

(adjective)

Any shape that does not make a mirror image when divided in half.

Josie's balance is asymmetrical because she has one arm up and one arm down.



BALANCE

(noun)

The ability to adjust the distribution of weight in order to remain upright and steady.

Kurt was kept his balance by holding his muscles tight and strong.



BASE OF SUPPORT

(noun)

The area beneath a person that includes all points of contact the person makes with the supporting surface.

Shawn created a wider base of support that would feel more stable while holding a balance.



BODY AWARENESS

(noun)

**Knowing the body's position
in space and in relation to itself
and other objects.**

Andrea demonstrated good body awareness when she kept tucked position during a forward roll.



BODY CONTROL

(noun)

The ability to start, stop, and continue movement while safely maintaining balance and form.

Nichole showed great body control when leaping over the jump rope.



CENTER OF GRAVITY

(noun)

A single point from which the entire weight of an object acts and is concentrated so that if it were the point of support on a level surface, the object would remain perfectly balanced.

Nick kept his center of gravity low so that it was easier to stay balanced.



COMBINATION

(noun)

The result of bringing two or more things together to create a sequence or a set.

Aaron created a combination of skills that included a forward roll and a jump.



COORDINATION

(noun)

The ability to synchronize, or combine at the same time, movements of several parts of the body.

Brian demonstrated coordination and balance by changing from one foot position to another.



COUNTER TENSION

(noun)

A state of balanced pull between two or more things.

Andi and Brigitte created counter tension by holding hands and leaning apart from each other until they found their balance.



COUNTERBALANCE

(noun)

A state of balanced push between two or more things.

José created counterbalance by pushing against the wall and moving his feet out until he found a balanced position.



CREATIVITY

(noun)

The use of imagination and original ideas in the making of something.

Elyse's group used their creativity to improve their gymnastics sequence.



DIRECTION

(noun)

The course along which something moves.

Victoria decided to slide in a sideways direction during the tag game.



FLEXIBILITY

(noun)

The ability to bend and move the joints through the full range of motion.

Zoe improved her flexibility by stretching her muscles every day.



FLOW

(noun)

**To move in a smooth
and continuous way.**

Charlotte showed a continuous flow through the skills in her gymnastics routine.



GALLOP/CHASSÉ

(noun)

**A sliding movement
in a forward direction.**

Ms. Wilder taught us that a gallop in gymnastics is called a chassé.



GENERAL SPACE

(noun)

The area within a boundary in which a person can move safely.

Henry moved safely in general space during our game of tag.



INVERTED

(adjective)

When something is upside down, or when a person's head is lower than their waist.

Chloe decided to balance in an inverted position by doing a headstand.



LEAP

(verb)

To perform a locomotor skill in which you take off of one foot and land on the opposite foot.

James decided to leap over the jump rope during physical education class.



LEVEL

(noun)

Position of the body or its parts in relation to the floor, a person, or a piece of equipment.

Will jumped from a low level to a high level.



MUSCLE TENSION

(noun)

The force generated by the contraction of the muscle.

The students felt muscle tension in their arms when holding plank position.



MUSCULAR ENDURANCE

(noun)

The ability of a muscle to continue to perform without fatigue.

Crystal practiced a plank hold every day in order to build up her muscular endurance.



MUSCULAR STRENGTH

(noun)

The maximum amount of force a muscle can produce in a single effort.

Chris was able to jump really high during a straddle jump because of the muscular strength in his legs.



PATHWAY

(noun)

A course or track along which a body or object moves as it travels through general space.

Susan moved in a straight pathway when performing a log roll.



PERSONAL SPACE

(noun)

The area around a person in which they feel comfortable but would become uncomfortable if someone or something enters.

Julie told Thomas that he was in her personal space and politely asked him to give her some extra room.



RELATIONSHIP

(noun)

The way that two or more concepts, objects, or people are connected.

As the students played tag, they thought about their relationship to the area boundaries and to their classmates.



ROLLING

(verb)

To move across a surface by turning over and over on an axis.

The students enjoyed rolling in different body positions.



ROTATION

(noun)

One complete turn.

Joseph completed one rotation during his forward roll.



SAFETY

(noun)

The condition of being protected against physical, social, and emotional harm.

The students understood that safety is very important and carefully followed their teacher's instructions.



SEQUENCE

(noun)

A set of related events, movements or things that follow a particular order.

Dan made sure that his sequence of movements began and ended with perfect balance.



SPEED

(noun)

The ability to propel the body or a part of the body quickly from one point to another.

Shannon used a moderate speed to travel through general space so she could maintain control and balance.



SYMMETRICAL

(Adjective)

Any shape that makes a mirror image when divided in half.

Marcus chose to make the letter "T" with his body as a way to create a symmetrical shape.



TRANSFER OF WEIGHT

(noun)

A change in the center of gravity beyond its base of support in order to create movement or generate force.

Kristen demonstrated a transfer of weight from her feet to her hands when she did a cartwheel.



TRANSITION

(noun)

The process of changing from one movement or position to another.

Isabella used a gallop as the transition between her roll and her final balance position.



UPRIGHT

(adverb)

When a person is in a vertical position with their head above their waist.

Michael was moving upright as he skipped through general space.

