

# Glossary

**balance.** The ability to maintain body control while moving and while still.

**base of support.** That part of the body that makes contact with the support surface, for instance two feet on the floor, two hands and two feet on the floor, or the pelvis and the lower extremities on the floor when sitting with the legs straight in front.

**bilateral coordination.** The coordinated use of both hands/arms/sides of the body at the same time.

**body awareness.** Knowledge about the body and its parts.

**body mass index.** A number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to determine a person's weight category. Depending on the category, some BMIs may lead to health problems.

**bouncing.** A large motor skill that involves giving force to an object with one or both hands and receiving its force back with one or both hands.

**cardiovascular endurance.** Capacity for sustained, active play. Taking part in activities that involves the heart, the lungs, and the vascular system.

**catching.** A large motor skill that involves the use of hands to stop and trap a tossed or flying object.

**cephalocaudal.** From the head to tail. Refers to neurological development that proceeds from the head down to the feet.

**directional awareness.** Where the body moves. Includes handedness, laterality, sequence, and rhythm.

**directionality.** The ability to project the body's spatial dimensions into surrounding space and to grasp spatial concepts about the movements or locations of objects in the environment.

**dynamic balance.** Maintaining balance while in motion.

**fine motor activity.** A physical activity, such as using crayons, stacking blocks, or cutting with scissors, that uses the smaller muscle groups of primarily the fingers, hands, and wrists.

**flexibility.** Range of motion of a joint and the elasticity of muscle and connective tissues.

**flight phase.** The short period of the stride, typically when running, where both feet are off the ground.

**fundamental movement skills.** Observable patterns of motor behavior that requires the coordination of different body parts. Fundamental movement patterns are classified into three categories: locomotor skills such as running and jumping; manipulative or object-control skills such as throwing and catching; and balance skills such as standing on one foot or walking on a narrow beam. Fundamental movement skills are the building blocks for more complex future movements.

**galloping.** Making a forward step motion with a leading foot followed by a leap motion of the trailing foot.

**gross motor activity.** A physical activity, such as throwing, striking, running, or jumping, that uses the major muscle groups of the arms, legs, and trunk.

**hopping.** Projecting the body in space by taking off on one foot and landing on the same foot. Hopping is a more complicated version of jumping and requires a higher degree of strength and finer adjustments in balance.

**in-hand manipulation.** A small-muscle skill that involves adjusting an object in the hand after it is grasped.

**intensity.** Engaging in physical activity that involves maximal effort.

