

## Physical and health education glossary

Term	Definition
<b>Aesthetic movement routines</b>	A visually appealing way to sequence related physical actions.
<b>(Un)familiar situation</b>	(Un)known conditions or settings of which students have had (no) prior experience or knowledge.
<b>Flow</b>	Refers to the smoothness and continuity of movements and linking movements.
<b>Force</b>	Refers to the energy level of the movement.
<b>Intramural activities</b>	Competitions or activities held by the school.
<b>Interscholastic sports</b>	Sporting competitions or friendly meets held between schools.
<b>(Non-) performance/ playing situation</b>	A situation in which the student is (not) physically involved in game play (sports) or performance of an activity (movement routines).
<b>Projectile motion</b>	The movement of an object through space.
<b>Skill</b>	An ability acquired or developed through training or experience.
<b>Strategy</b>	A plan of action incorporating tactics designed to achieve an overall goal.
<b>Tactic</b>	A manoeuvre or action planned to achieve a specific goal.