**KEY WORDS**

**GAMES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **THROW** | **CATCH** | **SPEED** | **BOUNCE** | **KICK** |
| **ATTACK** | **DEFENCE** | **TACKLE** | **VOLLEY** | **POWER** |
| **BODY POSITION** | **WEIGHT TRANSFER** | **ROLL** |

## GYMNASTICS / DANCE

|  |  |  |
| --- | --- | --- |
| RUN | TRANSFER OF WEIGHT | BODY PART |
| POINTS | STRETCH | SMALL BODY PARTS |
| TUCK | STRADDLE | LEVEL | APPARATUS |
| TIME | SPACE | FLOW | BODY TENSION |
| TRAVEL | BALANCE | LARGE BODY PARTS |
| PATCHES | ROTATION | FLIGHT | RELATIONSHIPS |
| SPEED | HEIGHT | PIKE |

## ATHLETICS

|  |  |  |
| --- | --- | --- |
| SPRINT | MIDDLE DISTANCE | HURDLE |
| LONG JUMP | BODY POSITION | SHOT |
| HIGH JUMP | JAVELIN | DISCUS | SPEED |
| LANDING | TRANSFER OF WEIGHT |
| LEG ACTION | ARM ACTION | STAMINA |
| ENDURANCE | RUN |  |

**Swimming**

|  |  |  |
| --- | --- | --- |
| **FLOAT** | **GLIDE** | **FEET** |
| **HANDS** | **STRETCH** | **SCULL** |
| **TUCK** | **BREATHING** | **PUSH** | **HEAD** |
| **FEET** | **STAR** | **FLOW** | **STREAMLINE** |