**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** | |