

Physical Education Exam Studyguide

2023-2024

Body Awareness - ANSWER Sense of being aware of movement in different parts of the body. This is an important aspect in the cognitive, social and physical development of children.

Proprioception - ANSWER Body Awareness, which is how the body senses the parts of itself. eg. hands, feet legs and arms.

Shape - ANSWER Instruction in concepts of how the body can form different shapes. Example: allow your body to form different shapes, wide, tall, stand like a pole.

Balance - ANSWER Instruction in concepts of balance in the body. example: balance on one foot, balance on your hands while stretching your body, form a tripod with your body.

Quality - ANSWER Instruction in concepts of speed, contrast, force and relaxation. example: how fast or how slow can you move? tense one part of your body and then relax the other part of your body.

Space - ANSWER Instruction in concepts of sharing space with others. Example: run in zigzag fashion without bumping into others, point to a spot and see if you can run straight to it touch it and run back without touching someone else. warm-up exercise one arms length apart.

Exploring - ANSWER Instruction in concepts of moving over, under, around and through, and leading with certain body parts. Example: make a bridge with a partner and then have a third person go under the bridge. lead with your head when walking.

Locomotor Skills - ANSWER Basic movement skills that are performed in different directions and at different speeds. The movement propel the body upward, forward or backward. These movements are the foundation of gross motor coordination which involve small and large gross motor movement.

Locomotor movement skills include; walking, running, skipping, jumping, leaping, galloping and sliding.

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