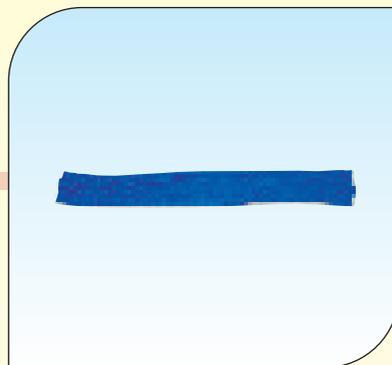
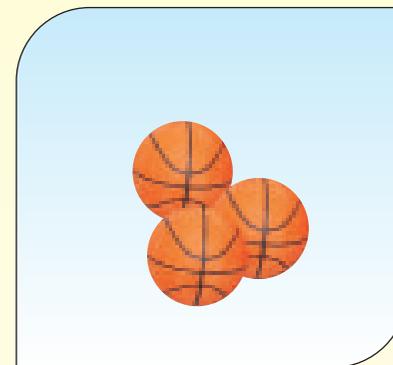


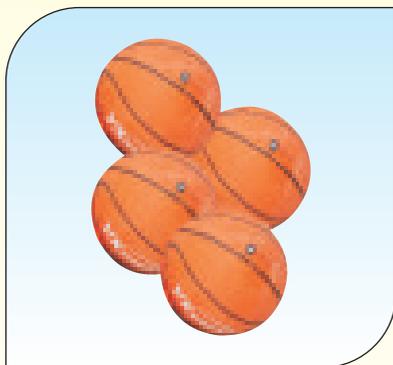
# Equipments



Bibs, bands or brasis



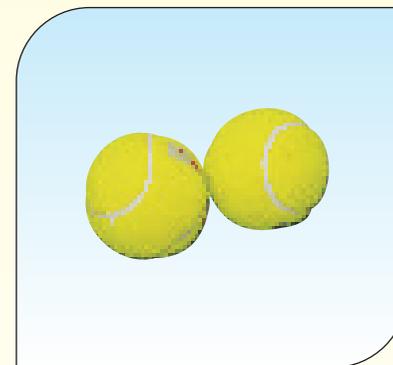
Balls: size 3



Balls: Size 4



Long skipping ropes



Tennis balls



Markers



Cones

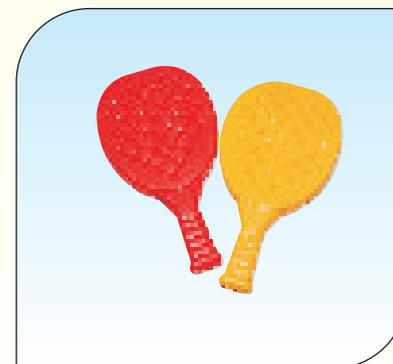


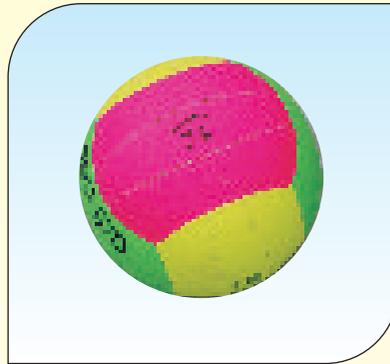
Table tennis bats



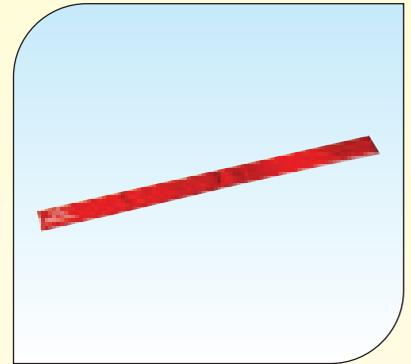
Foam balls



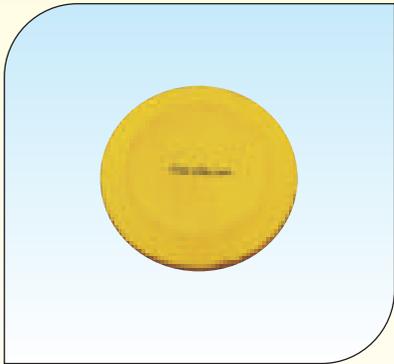
Tee



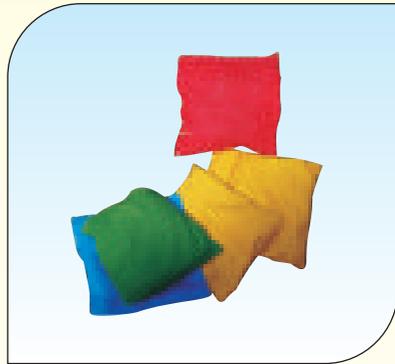
Sound ball



Balance beam



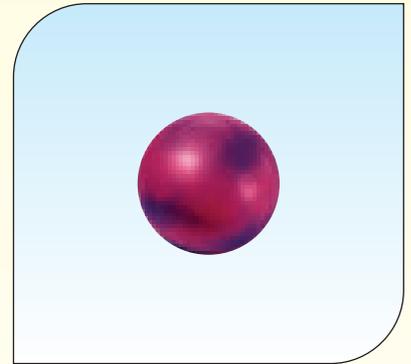
Foam discus



Bean bags



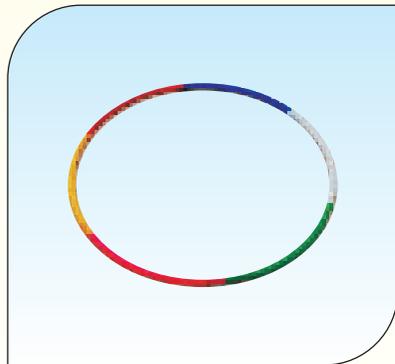
Foam shots



Light, inflatable ball



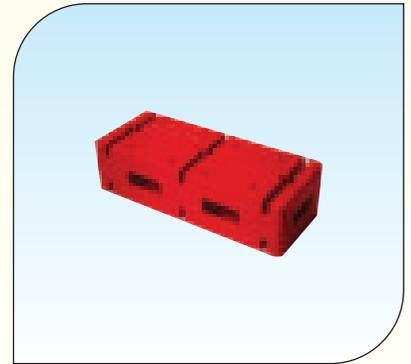
Pump



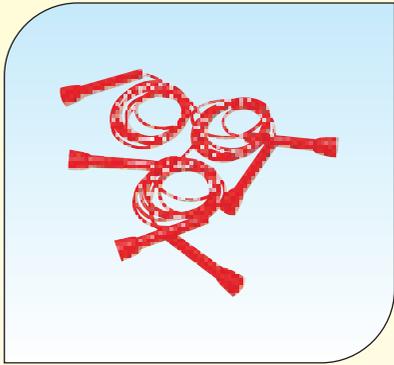
Hoola Hoops



Stop watch



Large plastic blocks



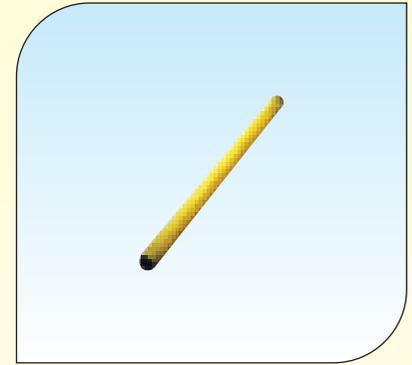
Skipping ropes



Measuring tape



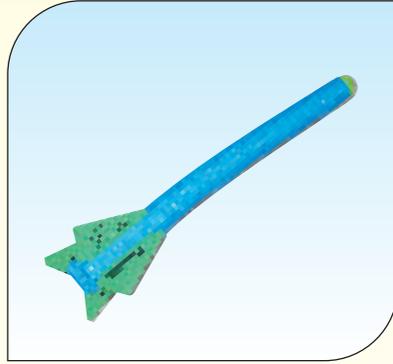
Kit Bag



Dowels



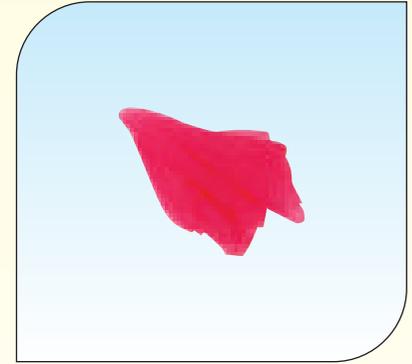
Whistle



Foam javelins



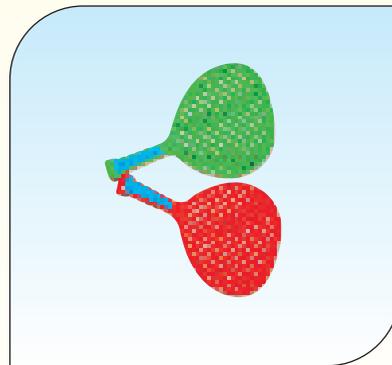
Tenniquoits



Scarf



Plastic cricket bats



Plastic bats



Hockey sticks

Children will also need access to mats for gymnastics and boxes, buckets or other targets when playing aiming games.

## *Glossary of Terms*

Term	Meaning in the context of physical education
Agility	The way in which children are able to change direction in an efficient and effective manner.
Attacker(s)	The player (or team) who have the ball and are trying to score or win the point.
Anticipation	Predicting what might happen next. For example predicting the path of a ball or object and being in the correct position to receive it.
Auditory	Learning through listening and hearing.
Backhand	A hit in Tennis, made across the body with the back of the hand facing the direction of play.
Balance	The ability to control the body's position either when stationary (static balance) or while moving (dynamic balance).
Cohesiveness	The way in which the group or team work together when playing team games and activities.
Coordination	The organised way in which muscles and groups of muscles work together to bring about purposeful movements.
Crouch	A position close to the ground with the body and knees bent.
Defender(s)	A player (or team) who tries to prevent the opposition from moving or scoring a goal.
Domes and Dishes	Domes: placing the large base of markers on the ground. Dishes: placing the small top of markers on the ground.
Dribble	To move a ball by keeping it close to the body or implement.
Explosive	Quick movements that take place over short distances or in short periods of time. For example running fast over 50 metres.
Feeder	The player who throws, rolls or bowls the ball to another.
Forehand	A hit in Tennis in which the racket is held with the wrist facing the direction of play.
General space	General space: the space around us: away from; close to; near; far.
Personal space	Personal space: the space around an individual: above, below, in front of, at the side of, behind an individual.
Hitting	To strike an object so that it moves away from you.
Intercept	To stop or interrupt the progress of a ball or object in order to try and gain possession of it.

Jog	To move or run slowly keeping one foot in contact with the ground at all times.
Run	To move fast or quickly.
Sprint	To move at top speed over short distances.
Leaping	Taking off or springing from one foot to the other foot.
Log roll	A sideways roll with the body in a stretched position.
Overarm throw	Stand sideways to the target with one foot in front of the other. The throwing arm begins behind the body at shoulder height. As the arm moves the elbow is bent so that the path of the ball is close to the ear. The ball is released when the arm is straight and in front of the body.
Prone	Lying on the front, face downwards.
Retrieving	Collecting objects and returning them to others or a specified location.
Static	Being still or stationary.
Stimuli	Using an object, word, phase or music to provides the starting point for a response.
Spatial awareness	Having an awareness of where people and objects are in the space and being able to avoid them. Knowing where there is space. Knowing where space is confined.
Supine	Lying on the back, face upwards.
Tagged	When a chaser catches a runner.
Tucked	A low, tight position. In a sitting position the knees are bent and the thighs drawn close to the chest. The hands are usually clasped around the lower legs.
Underarm throw	The ball is held in the hand. The arm is held downwards. The arm is moved backwards and forwards in a swinging action. The ball is released as the arm is moved forwards.
Visual	Learning through seeing and using the eyes
Volleying	When playing volleyball the ball is hit with two hands over a high net.
Zones	Staying within a predetermined part of the playing area.



