Glossary of terms for physical development

**Crossing the midline**
The ability to cross the imaginary midline from our head to feet enabling the parts of our body to spontaneously move over to the other side to work there

**Dynamic balance**
The ability to remain balanced whilst other parts of the body are engaged in movement

**Hand-eye coordination**
The ability to process information received from the eyes to control, guide and direct the hands in the performance of a given task such as handwriting or catching a ball

**Hand dominance**
The consistent use of one (usually the same) hand for task performance which is necessary to allow refined skills to develop

**Leading and supporting hand**
The ability to use one hand to play a supporting role while the other hand does more skilled work

**Muscular endurance**
The ability of a singular muscle, or group of muscles, to exert force repeatedly against resistance to allow sustained physical task engagement

**Muscular strength**
A muscle’s ability to exert force against resistance (e.g. when climbing a tree to push or pull up)
Postural control
The ability to stabilise the trunk and neck to enable coordination of the limbs for controlled task performance

Reciprocal movements (alternating movements)
The ability for one hand or leg, and then the other, to carry out the same movement in a rhythmical way

Sensory processing
The ability to organise and process sensory stimulation in the environment and modulate an appropriate response

Spatial awareness
The ability to understand where your body is in relation to objects or where objects or structures are in relation to each other

Static balance
The ability to hold a stationary position with control (e.g. standing like a statue)

Symmetrical movement
The ability to have each leg or hand doing the same action at the same time

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