

Movement Skills and Healthy Relationships

In Grade 6 Physical Education and Wellness, you get better at sports by changing how you move in different kinds of activities ([Outcome](#)). You also learn how to solve problems that happen during games by using conflict resolution ([Outcome](#)). This matching game helps you connect important ideas about how practice makes you better, how different activities work, and how working together keeps teams strong.

How to play

Match each word on the left with its meaning or example on the right. Write the letter of the correct answer on the line next to each number. There are eight pairs.

Match the pairs

Column A		Column B
A. pattern	_____	1. Physical activity that is fluid and limited in structure
B. proficiency	_____	2. Something that can influence team success and requires resolution
C. stimulus	_____	3. A situation where individuals work together rather than compete
D. dynamic	_____	4. A set of movements that can be transferred across different physical activities
E. controlled	_____	5. Physical, verbal, visual, or musical cue that prompts movement
F. conflict	_____	6. Practices that include listening, clarifying facts, and proposing solutions
G. resolution	_____	7. Accuracy and speed in performing movement skills
H. cooperative	_____	8. Physical activity that is individual, partnered, or structured

Answer key

- **A** matches **4** (pattern: A set of movements that can be transferred across different physical activities)
- **B** matches **7** (proficiency: Accuracy and speed in performing movement skills)
- **C** matches **5** (stimulus: Physical, verbal, visual, or musical cue that prompts movement)
- **D** matches **1** (dynamic: Physical activity that is fluid and limited in structure)
- **E** matches **8** (controlled: Physical activity that is individual, partnered, or structured)
- **F** matches **2** (conflict: Something that can influence team success and requires resolution)
- **G** matches **6** (resolution: Practices that include listening, clarifying facts, and proposing solutions)
- **H** matches **3** (cooperative: A situation where individuals work together rather than compete)

