



GLOSSARY

Evaluation	: To judge or assess the worth and value of something.
Measurement	: To carefully consider and find out or indicate the size, volume etc. of something.
Motor skill	: A physical activity skill that involves body and mind efforts.
Norms	: The level or standard considered acceptable.
Physical development	: Refers to the growth and development of physical fitness component viz. cardiovascular, strength, endurance, agility.
Reliability	: Refers to consistency of measurement when apply to same condition and situation of the same group.
Social development	: Refers to the adjustability skills of an individual in group setting.
Test	: An examination or assessment to measure a skill or knowledge.
Understanding and knowledge:	Ability to have clear concept on both the practical and theory aspect.
Validity	: Measures what it claims to measure without slightest doubt or conflict.