



## **GLOSSARY**

1. AWARD: To officially decide that someone should get.
2. BAR: A usually rigid piece longer than it is wide that is used as a handle.
3. CHAMPIONSHIP: The title of champion in a sport or game.
4. FEDERATION: The act of joining together separate organizations.
5. LOAD: Something that is lifted and carried.
6. MOTION: A movement of our body or of a part of our body.
7. MOVEMENT: The act of moving our body.
8. STRENGTH: The quality or state of being physically strong.
9. TRUNK: The main or central part of body.
10. UNITARY: Having the character of a unit.