

ActiveForge — Concept Poster

Print this and pin it up — an at-a-glance map of the ActiveForge cast and the ideas each one carries. Come back to it whenever you want to remember who teaches what.

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Meet the cast — and what each one teaches

Character	What they carry
Throw	Overhand-projection motor pattern — targeted-force-at-distance trained-through-practice never-aptitude-test
Kick	Lower-body projection — foot-language with five-different-parts-of-foot for different kicks
Dodge	Spatial-perception + agility — read-the-space-and-move- EARLIER not-faster; perception-game not speed-game
Roll	Tumbling + safe-fall + parkour-shoulder-roll — visible adaptive-PE helmet signals all-bodies-belong
Cheer	Sportsmanship + bystander-presence-in-play — learnable- skill not personality-trait
Lunge	Lunge — power lives low: sink the hips, load the back leg, then rise
Poise	Poise — stillness is a move: find the base, then you can go anywhere
Prance	Prance — land light, spring high; heavy feet can't fly
Rally	Rally — the second wind is real: spend, recover, spend again
Swing	Swing — let the limb fall and rise like a rope; momentum is free power

Key ideas at a glance

The big concepts this cast helps you master:

- Body Systems and Exercise
- Nutrition and Fitness
- Warm-Up and Stretching
- Team Sports Fundamentals
- Individual Sports and Activities

- Sports Science
 - Fitness Assessment & Goal Setting
 - Lifetime Fitness & Wellness
 - Olympic Sports & Athletic Training
 - Dance & Rhythmic Movement
 - Water Safety & Aquatics
 - Adventure & Outdoor Recreation
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