ABOVE-CHEST PASS

(noun)

A method of passing a ball that requires hand placement at shoulder level, palms out, and fingers pointing up toward the head.

Bethany's **above-chest pass** was perfect because she was in athletic stance and had proper hand placement.

ACCURACY

(noun)

The quality of being correct, precise, or on target.

Amy displayed excellent **accuracy** in today's practice because all of her passes were on target.

AGILITY

(noun)

The ability to change body position and direction quickly and efficiently.

Even though it went in the other direction, Robert was able to dart over and return Annalise's serve because of his **agility**.

ANALYZE

(verb)

To examine a situation or thing in order to gather important information about it.

Liam **analyzed** Finn's movements, which helped him anticipate exactly where the spike was going to go.

ANTICIPATION

(noun)

The act of analyzing a situation and using that information to predict what will happen next.

Eva's **anticipation** of what was going to happen next allowed her to save Mia's spike easily.

APPROPRIATE

(adjective)

Correct or right for a given situation or setting.

Because he used **appropriate** force, Shawn's toss was very accurate.

ATHLETIC STANCE

(noun)

A body position in which the feet are far apart, the knees are bent, and the hands are up and out. This allows an athlete to react to anything that happens next.

If you stand in **athletic stance**, you'll be ready to react to any move your opponent makes.

BALANCE

(noun)

An even distribution of weight which allows someone or something to stay upright and steady.

Mason maintained his **balance** and never fell down, even though he had to dart to save Charlotte's spike.

BELOW-CHEST PASS

(noun)

A method of passing a ball that requires hand placement at waist level, palms out, and fingers away from the body.

Maria's proper hand placement helped her **below-chest pass** go right to Ethan.

BODY COMPOSITION

(noun)

The high ratio of lean tissue to fat tissue in the body.

One way in which Max attempted to improve his **body composition** was to exercise regularly and eat well.

CARDIORESPIRATORY ENDURANCE

(noun)

The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.

Our Roundnet training helps to improve our **cardiorespiratory endurance** because it raises our heart rate and intensifies our breathing.

COMBINE

(verb)

To unite; join together.

Julia's team did a good job of **combining** their Roundnet skills with offensive and defensive tactics, so they won the game.

COMMUNICATION SKILLS

(noun)

The ability to exchange information with another person effectively and efficiently.

Jim showed good **communication skills** by clearly discussing a play with his teammate.

CONSISTENTLY

(adverb)

When something is done the same way for an extended period of time.

Beth **consistently** made legal serves to the other team.

CONTROL

(verb)

To manage or regulate the movement or actions of something.

Collin **controlled** the ball well when he passed it accurately to his partner.

COOPERATION

(noun)

The process of working together for a common goal or outcome.

Keeping our phys. ed. equipment in good condition takes **cooperation**. We all have to work together to use things the way they were meant to be used and to put them back where they belong when class is over.

COORDINATION

(noun)

The ability to synchronize, or combine at the same time, movements of several parts of the body.

Roundnet training helps to improve your **coordination** because you have to practice moving around while attempting to strike the ball.

DATA

(noun)

Pieces of factual information, such as measurements or statistics.

Because Diana recorded her **data** accurately, she had a clear picture of how well she performed during the activity.

DEFENSE

(noun)

The team or players in a game or sport who are trying to steal away possession of the ball and stop their opponent from scoring a goal or point.

Ali and AJ were so strong when playing **defense** that they didn't allow Bart and Kevin to score on them once.

DEMONSTRATE

(verb)

To show or perform an action for others to see.

Olivia became so good at above-chest passes that Mr. Brown asked her to **demonstrate** them for the class.

EFFECTIVE

(adjective)

Producing a desired effect.

Because Tim had good placement, force, and timing, his spike was very **effective**.

EFFORT

(noun)

The amount of determination or exertion used to accomplish a goal.

If you put a lot of **effort** into practicing your spikes, you will definitely improve.

ENCOURAGEMENT

(noun)

Support, confidence, or hope offered by someone or some event.

John showed **encouragement** toward his partner by telling him “good job” after a successful play.

ETIQUETTE

(noun)

The set of customary or acceptable behaviors among members of a group or in a specific setting.

Justine did a good job of showing proper **etiquette** for the sport by staying quiet during the serve.

FEEDBACK

(noun)

Information provided in reaction to a performance, action, or piece of work.

Anthony gave corrective **feedback** to his partner by telling him how he could improve his serve.

FLEXIBILITY

(verb)

The ability to bend and move the joints through the full range of motion.

Flexibility is important during Roundnet training because it allows you to stretch, twist, and reach without getting injured.

FORCE

(noun)

Strength or power used on an object.

Adam used a lot of **force** on the ball, which made it go very high in the air after bouncing off the net.

HEALTH-RELATED FITNESS

(noun)

A group of 5 physical characteristics that contribute to a person's overall well-being. The 5 components of health-related fitness include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

Finding a variety of physical activities that you like is a good way to improve and maintain all five components of **health-related fitness**.

IMPROVE

(verb)

To achieve a higher standard or quality; to make or become better.

Amanda practiced spiking so much that she **improved** greatly.

MATURE

(adjective)

Fully developed.

Luke performed a perfect serve with **mature** form.

MUSCULAR ENDURANCE

(noun)

The ability of a muscle to continue to perform without fatigue.

Without **muscular endurance**, you might get too tired to keep moving around the court for the entire game.

MUSCULAR STRENGTH

(noun)

The maximum amount of force a muscle can produce in a single effort.

If you build **muscular strength**, you will be able to spike the ball more powerfully.

OFFENSE

(noun)

The team or players in a game or sport who are attempting to score or move the ball forward.

The **offense** was able to pass the ball and score against the other team's defense.

OPPONENT

(noun)

Someone who competes against another in a contest.

The final round has two very strong **opponents** going against each other.

PENTATHLON

(noun)

An athletic contest in which each contestant participates in 5 different events.

The Passing **Pentathlon** involves 5 fun challenges.

PLACEMENT

(noun)

Location.

The **placement** of the spike forced the defender to move quickly and reach to save it.

PLAN OF ACTION

(noun)

A complete set of steps to be taken in order to achieve a goal.

June worked with her partner to create a **plan of action** that described how they would improve**.**

POSITIONING

(noun)

The location and bodily arrangement of an athlete in anticipation of a strategic move.

Because Everett did a good job of anticipating his opponent's move, his **positioning** was excellent and he was able to save the spike.

POSITIVE ENVIRONMENT

(noun)

An environment in which people respect, encourage, and support one another at all times.

It's important that we work together to create a **positive environment** in phys. ed. class so that everyone can have fun and improve.

POWER

(noun)

The ability to produce maximum force in the shortest time.

If you use a lot of **power** to spike the ball, it will be harder for your opponents to save it.

PRACTICE

(verb)

To perform an activity or exercise repeatedly and/or regularly in order to improve or maintain skill.

Because Emma and Joanie **practiced** all the Roundnet training activities, their skills improved drastically.

PREDICT

(verb)

To guess what will happen in the future.

Watching Adam's movements helped Luke to **predict** what Adam was going to do next.

RALLY

(noun)

The act of hitting of a ball back and forth between players before a point is scored.

Kaitlynn and Andrew built a **rally** with consecutive Roundnet passes and spikes.

REACTION TIME

(noun)

The time it takes to respond to what a person can hear, see, or feel.

The faster your **reaction time**, the more successful you will be in saving a spike.

RETURN

(verb)

To send something back to a person or place.

Bryan dove to **return** the ball after his opponent hit it into open space.

SAFETY

(noun)

The condition of being protected against physical, social, and emotional harm.

During physical education class, John follows all rules related to **safety** in order to protect himself and his classmates from injury.

SELF-OFFICIATING

(verb)

To play by the rules and score by being honest and doing so as oneself or a group. A referee is not needed.

There were multiple games going on at once, so each team was responsible for **self-officiating**.

SERVE

(noun)

The act of hitting or sending a ball into play to start game play.

Mary demonstrated an excellent **serve** to the other team to get the game started.

SKILL-RELATED FITNESS

(noun)

A group of 6 psychomotor characteristics that contribute to a person's ability to successfully complete a physical performance. The 6 components of skill-related fitness include Agility, Balance, Coordination, Power, Reaction Time, and Speed.

Improving **skill-related fitness** can help Kara become a better player and athlete.

SOCIAL INTERACTION

(noun)

The way that people relate and respond to each other when in pairs or groups.

Social interaction is an important part of building a positive environment.

SPEED

(noun)

The ability to propel the body or a part of the body rapidly from one point to another.

The **speed** of David's spike was so fast that Keith couldn't get to it in time.

SPIKE

(verb)

To hit a ball or other object with a powerful, overarm motion so that it travels down into the area your opponents are defending.

Bri **spiked** the ball and scored a point for her team.

SPIRIT OF THE GAME

(noun)

An overarching concept which places responsibility for fair play on each player. Respect, adherence to rules, and the joy of play are valued over competition.

There are no referees needed in Roundnet or Ultimate Frisbee because players depend on the **spirit of the game** to ensure fair play and fun for everyone.

STRATEGY

(noun)

A plan of action for achieving a goal.

Jess and Sarah used a good **strategy** that allowed them to score multiple times.

STRIKE

(verb)

Hit forcibly and deliberately.

Ben had a strong and accurate **strike** on the ball which made it difficult for the other team to return.

TACTIC

(noun)

An action or strategy that helps in achieving a specific goal.

You need both offensive and defensive **tactics** in order to win a game.

TIMING

(noun)

The ability to choose the best moment for some action or movement to occur.

The team was successful because they had good **timing**. They were in position and were able to get to the ball.

TOURNAMENT

(noun)

A sporting competition in which contestants play a series of games to determine an overall winner.

Because they had great communication and teamwork, Aiden's team was able to win the **tournament**.

TRANSFER WEIGHT

(verb)

A shift of weight from one part of the body to another.

When he was serving the ball, you could see how Allen would **transfer weight** from one position to another.