

ACCURATE

(adjective)

Successful in reaching the intended target.

*Brittany's toss was so **accurate** that her partner was able to hit the balloon easily.*



ACTIVELY ENGAGE

(verb)

To participate in an activity while showing genuine interest and a desire for excellence.

*Because Charles was **actively engaged** in physical education class, he learned how to volley a balloon with good technique.*



APPROPRIATE

(adjective)

Correct or right for a given situation or setting.

*Lucy showed an **appropriate** response to her teacher's feedback by focusing on what she could do better next time.*



CHALLENGE

(noun)

Something that presents difficulty and requires effort to master or achieve.

*Since serving the balloon over the net was a **challenge** for Aiden, he practiced until he could succeed every time.*



CONFIDENCE

(noun)

Belief in oneself and one's powers or abilities.

*Amie had **confidence** in her ability to underhand serve the ball into the hoop.*



CONSECUTIVE

(adjective)

One after another without stopping.

*After practicing every day, David was able to complete 10 **consecutive** hits on the balloon.*



EQUIPMENT

(noun)

The set of tools, accessories, and objects used in a sport or activity.

*Emily put all her **equipment** back where it belonged when class ended.*



FEEDBACK

(noun)

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

*Mr. Hart gave Gina **feedback** on her striking skills and told her how she could improve.*



FORCE

(noun)

Strength or power used on an object.

*If you hit the balloon with too much **force**, it will fly out of control.*



GENERAL SPACE

(noun)

The area within a boundary in which a person can move using different types of locomotion.

*In physical education class, we share **general space** so that everyone can volley safely within the activity boundaries.*



IMPROVE

(verb)

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

*Harvey **improved** his striking skills by listening to teacher feedback and practicing every day.*



INDEPENDENTLY

(adverb)

The state of being free from outside control or lead.

*Because they worked together instead of **independently**, Julia and Annie were able to complete 5 passes back and forth.*



LIGHT

(adjective)

Using or applying little pressure or force.

*Using **light** force when hitting the balloon will help you to control it more easily.*



PADDLE

(noun)

A piece of equipment with a short handle and a wide, flat body used to strike a ball or other object.

*Jackie used the **paddle** to hit the ball and send it into general space.*



PALM

(noun)

The part of the inner surface of the hand that extends from the wrist to the bases of the fingers.

*Kurt hit the ball with his **palm**, and it went right into the hoop.*



PARTICIPATION

(noun)

The act of engaging and taking part in an activity.

*Monica showed safe **participation** by following instructions and using the paddle correctly.*



POSITION

(noun)

The particular way a person or thing is placed or arranged.

*Since Nolan was in the ready **position**, he was able to return Olivia's pass easily.*



PRACTICE

(verb)

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

Owen **practiced** serving the ball every day, and his striking skills improved greatly.



RESPECT

(verb)

To appreciate someone or something as a result of their abilities, qualities, or achievements.

*Because Peter **respected** Zoe's personal space, he didn't get too close to her.*



RESPONSE

(noun)

A reply or reaction to something.

Quentin's **response** to Mrs. Brown's feedback was appropriate because he listened and focused on how he could get better at striking the ball.



SAFE

(adjective)

Protected against physical, social, and emotional harm.

*Rachel demonstrated **safe** participation so that no one would get hurt.*



SELF-SPACE

(noun)

The area around a person in which they feel comfortable but would become uncomfortable if someone or something enters.

*Sarah stayed in **self-space** with her balloon in order to practice her striking skills safely.*



SHARE

(verb)

To split or divide a portion of something with others.

*Trenton **shared** his balloon with Victoria.*



SHARED SPACE

(noun)

The area within a boundary in which multiple people must all move safely and peacefully.

*All the students moved carefully through **shared space**, so everyone stayed safe.*



SKILL

(noun)

The ability to do something well.

*Volleying is a **skill** that takes time and practice to master.*



STRIKE

(verb)

Hit forcibly and deliberately.

*If you use the paddle to **strike** the balloon directly toward your partner, it will be easier for them to catch it.*



STRONG

(adverb)

An action done with a lot of force so as to be solid, firm, hard, or fast.

*Because Jimmy was so far away, Becky had to use **strong** force to serve the balloon to him.*



UP

(preposition)

To or toward a higher level or position.

*Hit the balloon directly **up** into the air so that it comes straight back down and you can catch it.*



VOLLEY

(verb)

To hit a ball or object up into the air repeatedly without catching it.

Wendy **volleyed** the balloon up into the air three times.

