**Acceptance**

(noun)

**The willingness to receive an idea or situation, or to receive an individual into a group.**

Gabriella showed **acceptance** towards everyone and their abilities by working with all the students in the class.

**Actively Involve**

(verb)

**To make a mindful effort to include a person (or people) as a necessary part of group, activity, or action plan.**

Courtney made an effort to **actively involve** the new student in the activity they were doing so that they could become friends.

**Analyze**

(verb)

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

Sue **analyzed** the rules to make sure she knew how to play the activity before joining in the game.

**Benefit**

(noun)

**An advantage gained from something.**

Stronger leg muscles is just one of the many **benefits** of jumping rope.

**Challenge**

(noun)

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

It was a **challenge** to be able to perform a lot of the jump rope tricks.

**Consecutive**

(adjective)

**One after another without stopping.**

John was able to do 20 **consecutive** jumps without stopping.

**Cooperation**

(noun)

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

The red team worked together by using **cooperation**, and so they were able to reach their goal.

**Endurance**

(noun)

**The ability or strength to continue or last. Stamina.**

Samantha has high **endurance**, which allows her to keep moving and continue doing her activity despite being tired.

**Enhance**

(verb)

**To raise or improve  
to a higher degree.**

Denise **enhanced** her fitness by exercising every day and eating healthy foods.

**Fitness**

(noun)

**The degree to which the total organism is able to meet the physical, intellectual, and emotional demands for everyday living, as well as cope with emergencies.**

Jumping rope is a good way to improve your **fitness** because it increases your heart rate and makes your muscles stronger.

**Food Choice**

(noun)

**The psychological and sociological aspects of how people select the food they eat.**

It's important to make **food choices** that include lots of fruits and vegetables if you want to lead a healthy lifestyle.

**Health Benefit**

(noun)

**An improvement to a person’s overall wellbeing resulting from a physical activity or food choice.**

Tommy knows that jumping rope provides plenty of **health benefits**, and so he does it every day.

**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.**

Parker understands that **health-related fitness** can help him beome a healthier person. By using all of the characteristics, he is able to be more well-rounded.

**Heart Rate**

(noun)

**The speed at which the heart is beating, measured in beats per minute**

Nancy checks her **heart rate** before and after working out and knows that when she is moving faster, her heart rate is going to increase.

**Hydration**

(noun)

**The process of drinking the correct amount water needed to keep your body working right.**

Bruce drinks water before, during, and after events in order to maintain a high level of **hydration**. By staying hydrated, he is able to perfom his best.

**Improve**

(verb)

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

Luke showed how much he **improved** throughout the unit by receiving a much higher score on his post-test.

**Jump**

(verb)

**To push off of a surface and into the air using the power in your legs.**

Emily likes to **jump** over different obstacles.

**Land**

(verb)

**To reach the ground after jumping.**

Brett used balance to **land** safely on the floor after his jump.

**Long Rope**

(noun)

**A jump rope that must be turned by two individuals in order for another individual to jump it.**

You can have multiple people participate when using a **long rope** for jumping. Groups can even have more than one person jumping at a time.

**Nutrition**

(noun)

**The process of providing or obtaining the food necessary for health and growth.**

Julie chooses healthy foods because she knows that **nutrition** is important for her to grow and be healthy.

**Pace**

(verb)

**To move or work at a steady and consistent speed, oftentimes in order to avoid becoming overly tired.**

In order to complete the running assignment, Tony **paced** himself so that he ran at about the same speed for the majority of the time.

**Practice**

(verb)

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

Amanda wanted to get better at jumping rope, so she decided to **practice** jumping every day.

**Praise**

(verb)

**To express approval or appreciation for someone or something.**

Mrs. Thyde **praised** Jeremy by congratulating him when he was finally able to perfom the jumping trick that he had been working on.

**Quick**

(adjective)

**Able to move with speed.**

Because Adam was so **quick**, his opponents couldn't keep up with him when he was running.

**Recognize**

(verb)

**To identify something or someone as previously seen or known.**

Lindsey was able to **recognize** a trick that she saw and could then tell the class the name of the trick.

**Rhyme**

(noun)

**Correspondence of sound between words or the endings of words.**

A group of students were using the long jump rope when jumping to **rhymes**. Words sounded similar, such as "yellow" and "fellow."

**Rhythm**

(noun)

**A uniform pattern of sound or movement.**

The class marched to the **rhythm** of the beat.

**Routine**

(noun)

**A set sequence of steps.**

Using the skills they have learned throughout the unit, the students put together a **routine** that was made of at least 4 different skills.

**Safe**

(adjective)

**Protected against physical, social, and emotional harm.**

The students felt **safe** in Mr. Miller's class because he created an environment where all the students were respectful of one another and their surroundings.

**Short Rope**

(noun)

**A rope that can be both turned and jumped by a single individual.**

A **short rope** is used when jump roping individually.

**Skill**

(noun)

**The ability to do something well.**

Jumping rope requires practice in order for people to become **skilled** at it.

**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.**

Katie knows that working on her **skill-related fitness** can help her become a better athlete.

**Slow**

(adverb)

**To move or act at a low speed.**

Tony moved through the exercises at a **slow** pace because he wanted to take his time and make sure he used proper form.

**Speed**

(noun)

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

It’s good to change the **speed** of your jump rope during practice. Start off by jumping slowly and gradually get faster.

**Success**

(noun)

**The accomplishment of a goal or purpose.**

The team achieved **success** by winning the tournament.

**Track**

(verb)

**To record progress/activity along a set plan of action.**

Sarah wanted to **track** her workouts to see how much exercise she is doing and if her fitness is improving.

**Trick**

(noun)

**A skillful act.**

Connor did a cool jump rope **trick** that involved jumping rope backwards.

**Turn**

(verb)

**To rotate the body or another object.**

Abby started out facing one direction, but then she did a **turn** to face the other direction.

**Two-Foot Take Off**

(verb)

**Leaving the ground by using both legs/feet at the same time.**

When working on jumping, Jillian used both feet at the same time to perform a **two-foot take off.**

**Vertical**

(adjective)

**Perpendicular to the level ground.**

Amy wanted to see how high she could get in the air when practicing her **vertical** jump.