

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 become 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 perform 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 perform 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.*

