

ACCUMULATE

(noun)

To gather, build up, or acquire.

*Franklin works hard and moves a lot in physical education class in order to **accumulate** as many minutes of physical activity as he can.*



ACCURATE

(adjective)

Successful in reaching the intended target.

*Beth's shot was so **accurate** that it flew past the defenders and in to the goal.*



ADVANTAGE

(noun)

A condition that puts an individual or group in a favorable or superior position.

*Danny moved quickly into open space and gained an offensive **advantage** for his team.*



APPLY

(verb)

To put to use or bring to action.

*When I saw Deedi move into the passing lane and intercept a pass, I knew that she could **apply** defensive strategies.*



BODY ORIENTATION

(noun)

The alignment of a person's body within space or in relation to an object.

*Rashid showed great **body orientation** when he took a shot with his side to the target and his shoulders square to the ball.*



CHALLENGE

(noun)

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

*Catching the ball while running to the goal is a difficult **challenge** that takes practice to master.*



COMBINATION

(noun)

The result of bringing two or more things together to create a sequence or a set.

*Catching a pass on the run is a skill **combination** that gives offensive players a big advantage.*



CONTROL

(verb)

To manage or regulate the movement or actions of something.

*Russell will **control** his body when he takes his turn running and shooting at the goal.*



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.

*The **defense** made it difficult for the offense to score a goal.*



ENHANCE

(verb)

To raise to a higher degree. To improve.

*Playing Team Handball helps me **enhance** my cardiovascular endurance.*



ENJOYMENT

(noun)

A positive feeling caused by doing or experiencing something you like.

*Kecia felt **enjoyment** in physical education because she was able to play active games with her friends.*



ETIQUETTE

(noun)

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

*Kurt practiced good **etiquette** in physical education and helped his classmates learn by not hitting the ball out of his opponent's hands.*



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.

*Getting 60 minutes of physical activity everyday will help me maintain good **fitness**.*



FOLLOW THROUGH

(verb)

To continue moving after an object has been kicked, struck, or thrown.

*At the end of each accurate throw, Missy works to **follow through** toward the goal.*



GOALIE

(noun)

A player who defends a goal or target.

*Sam played **goalie** for the defense and stopped every shot but one.*



GRIP

(verb)

To hold something.

*My shots are more accurate when I **grip** the foam noodle using all of the cues we learned in physical education.*



HEALTH BENEFIT

(noun)

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

*Drinking water before I play Team Handball is a **health benefit** that helps keep my body at its best.*



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.

*I do a variety of activities to work on my **health-related fitness.***



INDEPENDENT

(adjective)

Free from outside control or lead.

*Vera's team was **independent** during the group activity and played appropriately without any teacher reminders.*



INVASION

(noun)

A competition between two teams in which an offensive team attacks a goal or target area while a defensive team works to stop the attack.

*Jessica loves the challenge of **invasion** games. She works hard on both offense and defense.*



LONG-HANDED IMPLEMENT

(verb)

An long, narrow object used in sport to strike or push another object.

*It's fun using a foam noodle as a **long-handled implement** for striking a ball.*



MATURE SKILL PATTERN

(noun)

The accurate performance of any skill during which all critical components are present.

*Gayle's accurate passes were a perfect example of a **mature skill pattern** for throwing.*



MOVEMENT CONCEPTS

(verb)

The elements important in the study of human movement: **body awareness, space, and qualities of movement (force, balance, time, and flow).**

*Kent applied **movement concepts** in floor hockey as he dribbled close to the goal and tapped the ball into the net.*



OFFENSE

(noun)

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

*The **offense** scored 6 goals in first 5 minutes of the game, and the defense held the other team to only 1 goal.*



OPEN SPACE

(noun)

An area of general space with no obstacles where people or objects can move freely.

*Phillip was free to catch the ball because he moved into **open space** and there were no defenders to stop him.*



PASS

(verb)

To move an object from one space to another.

*Every time Henry looks to **pass** the ball to Kendra, Caitlin moves into the passing lane to prevent Henry from passing.*



PLANE

(noun)

A two dimensional pathway through which an object travels from one point to another.

*Following a good swing **plane** from back to front helps James hit the ball with control and strength.*



POSITIONING

(noun)

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

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



RULES

(noun)

A set of understood laws or commands that keep a space or activity under control.

*The **rules** of team handball are important to follow so that the game can continue without injuries or arguments.*



SAFE

(adjective)

Protected against physical, social, and emotional harm.

*Serena felt **safe** because her classmates all respected the rules of the game.*



SHOOT

(verb)

To send a ball or object toward a goal or target in order to score a point.

*Michael likes to **shoot** the ball over the defense and into the goal.*



SKILL

(noun)

The ability to do something well.

*Han was able to learn a new **skill** because he worked hard and learned from his mistakes.*



SKILL CUE

(noun)

An individual action that makes up one essential part of a larger physical performance.

*Proper grip is one **skill cue** that will help Liam make accurate passes and shots with a hockey stick.*



SKILL-RELATED FITNESS

(verb)

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.

*Reaction time is just one component of **skill-related fitness** that is used during invasion games.*



STANCE

(noun)

A deliberate way to stand.

*Adam got in a balanced athletic **stance** as the defense approached the goal.*



STRATEGY

(noun)

A plan of action for achieving a goal.

*Closing open space is an important defensive **strategy** to remember when playing an invasion game like Team Handball.*



STRIKE

(verb)

Hit forcibly and deliberately.

*Foam noodles are fun and safe to
strike a ball with.*



TARGET

(noun)

An object selected as the aim of attention or attack.

*The inside of the goal is the **target** that the offense is shooting for.*

