**ACCUMULATE**

(verb)

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

**To gather, build up, or acquire.**

**ACCURATE**(adjective)

**Successful in reaching an intended target.**

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

**ADVANTAGE**

(noun)

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

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

**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)

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

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

**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 experienceing 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.

**A player who defends a goal or target.**

**GOALIE**

(noun)

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)

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

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

**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.**

**HEALTH-RELATED FITNESS**

(noun)

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

**INDEPENDENT**

(adjective)

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

**Free from outside control or lead.**

**INVASION GAMES**

(noun)

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

**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.**

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

**LONG-HANDED IMPLEMENT**

(verb)

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.

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

**MOVEMENT CONCEPTS**

(verb)

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)

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

**To move an object from one space to another.**

**PLANE**

(noun)

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

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

**POSITIONING**

(noun)

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

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

**RULES**

(noun)

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

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

**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)

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

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

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

**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.**

**SKILL-RELATED FITNESS**

(verb)

**STANCE**

(noun)

**A deliberate way to stand.**

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

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

**A plan of action for achieving a goal.**

**STRATEGY**

(noun)

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

**Hit forcibly and deliberately.**

**STRIKE**

(verb)

**An object selected as the aim of attention or attack.**

**TARGET**

(noun)

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