

ACTIVELY ENGAGE

(verb)

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

*Caroline **actively engages** in physical education class because she likes the activities and wants to improve her skills.*



AGILITY

(noun)

The ability to change body position and direction quickly and efficiently.

*Even though it went in the other direction, Robert was able to dart over and return Annalise's serve because of his **agility**.*



ATHLETIC STANCE

(noun)

A body position in which the feet are far apart, the knees are bent, and the hands are up and out. This allows an athlete to react to anything that happens next.

*If you stand in **athletic stance**, you'll be ready to react to any move your opponent makes.*



BACKHAND

(noun)

A stroke made from the side of the body opposite of that of the hand holding the racket.

*Zach is right handed and used his **backhand** when trying to return a shot from his left side.*



BACKHAND SERVE

(noun)

The stroke used to return a ball hit to the right of a left-handed player and to the left of a right-handed player.

*Erica wanted to use a **backhand serve** because she wanted a quick, low shot to start game play.*



BALANCE

(noun)

An even distribution of weight which allows someone or something to stay upright and steady.

*Mason had good **balance** during the game. He didn't fall down at all, even when he had to move in all different directions.*



CARDIORESPIRATORY ENDURANCE

(noun)

The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.

*Badminton can help improve our **cardiorespiratory endurance** because it raises our heart rate and intensifies our breathing.*



CENTER LINE

(noun)

The vertical line dividing the courts into two halves, creating the right and left service courts.

*Lindsey knew where to stand during the serve because the **center line** divided the courts.*



CLEAR

(noun)

**A shot hit deep into the
opponent's court.**

*Lacy knew that by hitting a **clear** shot, she would
have more time to reset her positioning.*



COMMUNICATION SKILLS

(noun)

The ability to exchange information with another effectively and efficiently.

*Amber and Tony were successful because of their **communication skills**. By talking through their strategy before the game began, they always knew what the other person was going to do.*



COOPERATION

(noun)

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

*The team was able to win the tournament by using **cooperation**; everyone worked together as a team.*



DOMINANT

(adjective)

The hand or foot that is preferred for manipulative / fine motor skills.

*Julie had more control over the racket by using her **dominant** hand.*



DROP SHOT

(noun)

A shot hit softly and with finesse so that it falls rapidly and close to the net in the opponent's court.

*Tommy saw that Nolen was in the back of the court, so Tommy knew that using a **drop shot** return would be a good strategy for getting a point.*



EFFORT

(noun)

In movement concepts, this refers to how the body moves and applies the concepts of time (fast, slow) force (strong, light), and flow (bound, free) to specific movement situations.

*George knows the **effort** he applies when practicing his smash directly affects the movement of the shuttle.*



ETIQUETTE

(noun)

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

*Michelle did a good job of showing proper **etiquette** for the sport by waiting for the play to end before she entered that court.*



FAIR PLAY

(noun)

Respect, adherence to rules, and equal treatment of all concerned.

*The game was more enjoyable to participate in when everyone used **fair play**. That way, play was honest and equal between the opponents.*



FORCE

(noun)

Strength or power used on an object.

*Steve used a lot of **force** when hitting the shuttle, which made his shot more powerful.*



FOREHAND

(noun)

The stroke used to return a ball hit to the right of a right-handed player and to the left of a left-handed player.

*Luke is right-handed, and so he returned a shot on his right side by using a **forehand** stroke.*



FOREHAND SERVE

(noun)

A serve using a forehand grip in which the racket is extended on the dominant side of the body and the player uses the whole arm to start play.

*Joe used a **forehand serve** to start the game play and showed a higher, longer serve.*



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.

*Finding a variety of physical activities that you like is a good way to improve and maintain all 5 components of **health-related fitness**.*



NON-DOMINANT

(adjective)

The hand or foot not preferred for manipulative / fine motor skills.

*Ellen's shot wasn't as strong because she used her **non-dominant** hand, which she isn't as comfortable using.*



OPPONENT

(noun)

Someone who competes against another in a contest.

*The final round has two very strong **opponents** playing against each other.*



PLACEMENT

(noun)

Location.

*The **placement** of the shot forced the defender to move quickly to try and return it.*



POSITIONING

(noun)

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

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



QUICK

(adjective)

Able to move with speed.

*Adam was so **quick** when moving to the shuttle that he could return almost any shot.*



RELATIONSHIP

(noun)

The way that two or more concepts, objects, or people are connected.

*In physical education class, we learn about the movement **relationship** between people and objects.*



RESPECT

(verb)

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

*I **respect** my classmates because they come to class and work hard to improve.*



RETURN

(verb)

To send something back to a person or place.

*David hustled to **return** the shuttle after his opponent hit it into open space.*



SAFETY

(noun)

The condition of being protected against physical, social, and emotional harm.

*During physical education class, John follows all rules related to **safety** in order to protect himself and his classmates from injury.*



SERVE

(noun)

The stroke used to put the shuttle into play at the start of each rally.

*Mary demonstrated an excellent **serve** to the other team in order to get the game started.*



SERVICE LINE

(noun)

**The front line of the service courts
that regulates serves.**

*Mark demonstrated a good serve when he used the **service line** correctly by standing behind it when serving and getting the shuttle past his opponent's line.*



SHUTTLE

(noun)

A cork to which feathers are attached in order to form a cone shape (or a similar object made of plastic). Struck with rackets.

*At the end of class, Bethany and Robert helped the teacher to collect all the **shuttles** they had played with in class that day.*



SKILL

(noun)

The ability to do something well.

*Victor was able to learn a new **skill** because he practiced and worked hard.*



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.

*Improving **skill-related fitness** can help Kara become a better player and athlete.*



SMASH

(noun)

A hard-hit overhead shot that forces the shuttle sharply downwards into the opponent's court.

*Don was able to earn a lot of points because he had such a powerful **smash**.*



SOFT

(adverb)

An action done lightly, without a lot of force.

*Alexa knew that hitting a drop shot required her to return the serve just over the net by using a **soft** hit.*



SPACE

(noun)

An area with height, depth, and width within which all things exist and move.

*Kim knew that a good strategy would be to place the shuttle in open **space** at the back of the court because her opponent was out of position and would have to move a distance in order to return her shot.*



SPEED

(noun)

The rate at which someone or something is able to move or operate.

*The **speed** of Bryan's smash was so fast that Keith couldn't get to it in time.*



SPORTSMANSHIP

(noun)

Ethical, appropriate, polite, and fair behavior while participating in a game or athletic event.

*Anthony demonstrated great **sportsmanship** during and after the game. Even though he lost, he still complimented his opponent.*



STRATEGY

(noun)

A plan of action for achieving a goal.

*Eric had a good game **strategy** that helped him win the tournament.*



TARGET

(noun)

An object selected as the aim of attention or attack.

*The open area is the **target** for the shuttle; this is where the shot should be placed.*



TIMING

(noun)

The ability to choose the best moment for some action or movement to occur.

*Nick was successful because he had good **timing**. He was in position and was able to get to the shuttle to return it.*



TOURNAMENT

(noun)

A sporting competition in which contestants play a series of games to determine an overall winner.

*The class was excited to play in the **tournament** because they would get to play all of their other classmates and see who wins.*



VOLLEY

(verb)

To strike something before it touches the ground.

*Aaron and Jenna could **volley** the shuttle over the net 50 times in a row without dropping it.*

