**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 wants to learn more dance routines.

**BEAT**

(noun)

**The regular, rhythmic aspect of music which can be counted and felt in order to coordinate movement.**

Lucy marched to the **beat** of the music.

**CALL**

(noun)

**A specific instruction to be performed immediately   
within a dance.**

The students followed each **call** of the dance and performed the routine all together.

**COUNT**

(noun)

**The number/numbers associated with beats in a measure of music.**

Travis said the **count** of the song out loud to help him follow the beat of the music.

**CULTURE**

(noun)

**The behaviors, customs, arts, and beliefs that are characteristic of a particular social, ethnic, or age group.**

We learned about the **culture** of other countries as we learned dances from around the world.

**DANCE**

(verb)

**To perform a series of movements that match the tempo and rhythm of a piece of music.**

Deedi loved **dance** and put moves together to her favorite songs.

**DIRECTION**

(noun)

**The course along which   
something moves.**

Caleb decided to change **direction** by stopping, turning, and going back to where he started.

**FOLLOWER**

(noun)

**The person who responds to guidance signals from a leader.**

Betsy was a **follower** during the Hokey Pokey and Mr. Herwick was the dance leader.

**GENERAL SPACE**

(noun)

**The area within a boundary in which a person can move using different types of locomotion.**

In physical education class, we share **general space** so that everyone can move safely within the activity boundaries.

**LEADER**

(noun)

**The person who guides and initiates transition in dance.**

Jeffery took a turn as the dance **leader** as he called out fun moves for everyone to follow.

**LOCOMOTOR SKILLS**

(noun)

**The basic ways to move your body through space.**

Dane’s favorite **locomotor skill** is a skip, but Betsy prefers to run.

**LOWER BODY**

(noun)

**Body below the waist.**

Johnathan kept his **lower body** still as he performed the dance moves with his arms only.

**MARCH**

(verb)

**Walk in a regular, measured tread.**

The class **marched** perfectly to the beat and tempo of the music.

**MOVEMENT**

(noun)

**The act of changing physical location or position.**

Skipping is a fun **movement** that helps you move from one side of the activity area to the other.

**NON-LOCOMOTOR SKILLS**

(noun)

**Movements that occur in body parts or the whole body, but do not cause the body to travel to  
 another space.**

To demonstrate a simple **non-locomotor skill**, Caitlin clapped to the rhythm of the music.

**PERSONAL SPACE**

(noun)

**The area around a person in which they feel comfortable but would become uncomfortable if someone   
or something enters.**

It’s important to respect everyone’s **personal space** during dance activities so that we can all learn and safely move in the activity area.

**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.

**RESPONSE**

(noun)

**A reply or reaction to something.**

Quentin’s **response** to Mrs. Brown’s feedback was appropriate because he listened and focused on how he could improve his dance skills.

**RESPONSIBILITY**

(verb)

**The state of having a duty  
 or obligation.**

Completing the self-assessment was a **responsibility** that Jackson took very seriously.

**RHYTHM**

(noun)

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

Chris was dancing to the **rhythm** of  
 his favorite song.

**VIGOROUS**

(adjective)

**Done with great force and energy.**

The **vigorous** dance made the students'   
hearts beat fast.

**SELF-SPACE**

(noun)

**The area around a person in which they feel comfortable but would become uncomfortable if someone   
or something enters.**

Sarah stayed in **self-space** during the Hokey Pokey so she could move her arms and legs without accidentally hitting any of her classmates.

**SONG CUES**

(noun)

**Word, sounds, or parts of a song that give a dancer a prompt to perform a specific movement.**

Joshua listed carefully to the **song cues** because he knew that when the song changed, it was time to change his movement.

**STATIONARY**

(adjective)

**Not moving.**

Kacie stood **stationary** as she waited for the  
 dance to begin.

**TEMPO**

(noun)

**Pace. The speed at which a passage of music is or should be played.**

The **tempo** of the music was too fast, so it was hard for the students to keep up with

the dance moves.

**UPPER BODY**

(noun)

**Body above the waist.**

Vera kept her **upper body** still as she marched around the room.