**ACCELERATION**

(noun)

**Increase in the rate or speed of an object or process. In physics, it is the rate of change in velocity per unit of time.**

James knows that **acceleration** is an important aspect of plate spinning, so he has been practicing his ability to increase the speed of the plate.

**ACTIVELY ENGAGE**

(verb)

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

Daisy wants to master cascade juggling, so she is **actively engaged** in every circus arts lesson.

**** (adjective)

**Correct or right for a given   
situation or setting.**

Circus skills can be very difficult, so it's **appropriate** to give classmates as much encouragement as possible.

**BALANCE**

(noun)

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

Ty slowly shifted his weight back and forth before he was able to find his **balance** on the   
Spooner Board.

**CASCADE**

(verb)

**1) To fall downward rapidly.  
 2) To arrange in a series   
or sequence.**

Watching all of the scarves **cascade** though the air during our first juggling lesson made Mrs. Cronin happy.

**CENTER OF GRAVITY**

(noun)

**A single point from which the entire weight of an object acts and is concentrated so that if it were the point of support with a level surface, the object would remain perfectly balanced.**

When the plate was spinning fast enough, Caleb slid the control stick to the plate's **center of gravity** so it would balance and continue to spin.

**COPE**

(verb)

**To deal with or handle   
something difficult.**

Izzi was able to **cope** with her feelings of frustration and continue her juggling practice until she was able to juggle 3 rings.

**FOCUS**

(verb)

**To pay close attention to someone  
 or something.**

Cammy was able to **focus** on performing diabolo tricks while also balancing on the balance beam.

**GRAVITY**

(noun)

**The force that attracts a body/object toward the center of the earth or toward any other physical body having mass.**

**Gravity** is the force that makes the flower stick crash into the floor.

**GRIT**

(noun)

**Courage, resolve, strength   
of character.**

Jorge showed his **grit** when he worked hard to master and then perform a very difficult   
circus arts routine.

**GROWTH MINDSET**

(noun)

**Defined by psychologist Carol Dweck as a belief that abilities can be developed through dedication and hard work – raw talent and common knowledge are just starting points.**

Elyse has a **growth mindset** and understands that as long as she tries her hardest, making mistakes when she practices will help her learn correct form and technique.

**INDIVIDUAL CHALLENGES**

(noun)

**A task or situation that tests an individual’s abilities and knowledge.**

The **individual challenges** in circus arts class are new to most students and will test their  
 desire to learn.

**JUGGLE**

(verb)

**To continuously toss a number of objects into the air and catch them so as to keep at least 1 in the air while handling the others.**

Mattie can **juggle** 4 scarves using column patterns.

**NEWTON’S LAWS OF MOTION**

(noun)

**A set of 3 physical laws that lay the foundation for scientific mechanics. 1) The Law of Inertia; 2) The Law of Acceleration; 3) The Law of Action   
and Re-action.**

Daniel connected his circus arts skills to science class by using **Newton's Laws of Motion.**

**OVERCOME**

(verb)

**To succeed in dealing with a   
problem or challenge.**

It took Andi two P.E. lessons to finally **overcome** basic plate spinning challenges.

**PERSEVERANCE**

(noun)

**The ability to continue in doing something difficult despite challenge, uncomfort, or delay.**

Jaqui showed incredible **perseverance** by overcoming his initial embarrassment in order to practice and master the Diabolo challenges.

**PIVOT POINT**

(noun)

**The center of any rotational system (such as a lever).**

The **pivot point** of the flower stick is the spot where the control stick pushes on the flower stick.

**PLAN OF ACTION**

(noun)

**A complete set of steps to be taken in order to achieve a goal.**

Ben and Ethan's **plan of action** included actively engaging in circus arts class, practicing together after school, and practicing on their own at home.

**POSITIVE ENVIRONMENT**

(noun)

**An environment in which people respect, encourage, and support one another at all times.**

Even though the circus arts challenges are extremely difficult, Mr. Hart's PE class was a **positive environment** for learning filled with fun and encouragement.

**PRACTICE**

(verb)

**To perform an activity or exercise repeatedly and/or regularly in order to improve or maintain skill.**

Emily set aside 10 minutes each night to **practice** her juggling routine.

**RESPONSIBILITY**

(noun)

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

Christi had a **responsibility** to her groupmates to actively engage in each practice for their   
circus arts routine.

**SAFE**

(adjective)

**Protected against physical, social, and emotional harm.**

The physical education classroom is a place where students feel **safe** to take risks and   
try new activities.

**STRESS MANAGEMENT**

(noun)

**Techniques used for controlling a person's level of stress in response to specific challenges, hardships, or routine demands.**

Juggling became so enjoyable and relaxing for Kecia that she began to use it for **stress management** during study breaks at testing time.

**VISUALIZE**

(verb)

**To make a mental image of an object, setting, or action.**

Mr. Stone taught his students to **visualize** good form and technique in preparation for their   
circus arts performances.

**WIND RESISTANCE**

(noun)

**A type of friction caused by the air flowing in opposition around a moving object.**

**Wind resistance** slows juggling scarves down and helps them float slowly enough to catch and toss during basic juggling practice.