**21st CENTURY LEARNING**

(noun)

**A set of skills, knowledge, and expertise that students must master to succeed in work and life in the modern world.**

Practicing skills like cooperation and collaboration make **21st century learning** an important part of our physical education lessons.

**ACCURATE**

(adjective)

**Successful in reaching  
 the intended target.**

Billy Bob threw an **accurate** pass right into  
 Mary Lynn’s hands.

**ACTIVELY ENGAGE** (verb)

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

Versace **actively engages** in physical education class in order to get as much physical   
activity as possible.

**BINARY CODE**

(noun)

**A computer language using the digits 0 and 1 to represent a letter, digit, or other character in a computer.**

Caitlin was excited to learn **binary code** because it helped her to understand how her computer and smartphone work.

**CHALLENGING**

(adjective)

**Difficult in a way that tests one’s  
 abilities and knowledge.**

Kralyon found it **challenging** to keep the   
hoop rolling in Africa.

**COGNITIVE FUNCTION**

(noun)

**The process of knowing and learning, which includes aspects such as perception, reasoning, memory,  
 and judgement.**

Eating breakfast and routine physical activity can help students’ **cognitive function**   
become more efficient.

**COMMUNICATE**

(verb)

**To clearly articulate thoughts and ideas through verbal, written, and nonverbal methods, including media  
 and technology.**

Jenna was able to **communicate** the importance of physical education as she discussed her upcoming schedule with her parents.

**COOPERATE**

(verb)

**The process of working together to  
 the same end.**

Elmo and Vadar knew that reaching the goal would take teamwork, so they worked hard to communicate and **cooperate** during all  
 practices and games.

**COURAGE**

(noun)

**Bold confidence that allows a person to persevere in the face of great challenge, uncertainty,** **discomfort, and fear.**

We are all very proud of the teams who displayed **courage** by carrying messages of hope and optimism when all seemed bleak.

**CULTURE**

(noun)

**The collective customs, arts, social institutions, and achievements of a particular group of people.**

Traveling to different parts of our country is an amazing way to experience the **culture** of our  
 cities and towns.

**ENCOURAGEMENT**

(noun)

**Support, confidence, or hope offered by someone or some event.**

The friends gave each other constant **encouragement** to help them build self-confidence during the most difficult parts of the OPEN 8 Adventure Challenge.

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**FORCE**

(noun)

**1) An influence of energy/strength that changes the motion of an object or produces movement by a stationary object.   
[Force = Mass X Acceleration];   
2) The powerful effect of someone or something.**

Ed must apply the correct amount of **force** when striking to maintain control of the hoop while   
it is moving.

**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.

**GRIT**

(noun)

**The combination of passion and perseverance, which allows an individual to continuously develop skill and work toward consistent achievement though a repetitive cycle of purposeful practice and peak performance.**

Izzi’s display of **grit** during the 6-week fitness challenge was impressive and characterized by her desire to stick with it and her drive to improve.

**GROWTH MINDEST**

(noun)

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

Luke has a **growth mindset.** He understands that correcting the mistakes that he made during practice will help him learn correct   
form and technique.

**KINDNESS**

(noun)

**The quality of being friendly, generous, and considerate to others.**

When each student displays **kindness**, our class operates in a positive and respectful manner.

**LOCOMOTOR**

(adjective)

**A type of movement used to get from place to place.**

Dane’s favorite **locomotor** skill is a walk, but   
Dory prefers to run.

**MANIPULATIVE SKILL**

(noun)

**A movement done to or with objects such as throwing, striking, and catching.**

Preston was performing the **manipulative skills** of throwing and catching while he played  
 with the fitness ball.

**NONVERBAL COMMUNICATION**

(noun)

**A transfer of information without the use of spoken language; rather, with the use of elements such as facial expressions, hand gestures, posture, etc.**

The team used **nonverbal communication** in the noisy stadium to ensure that everyone ran   
the same play.

**PERSEVERE**

(verb)

**To continue along a course of action in the face of difficulty.**

Although the fitness course was difficult, the team was proud of the way all teammates **persevered** through each challenge.

**RESPECT**

(noun) **A feeling of deep admiration for someone or something due to their abilities, qualities, or achievements**

I have a lot of **respect** for students who persevere through difficult personal and academic challenges.

**RESPONSIBILITY**

(noun)

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

Christi had a **responsibility** to her groupmates to actively engage in the Master of Six Lives challenge so that all group members could   
escape the volcano.

**SAFE**

(adjective)

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

Rahim stays **safe** by following all the rules in physical education class in order to protect himself and his classmates from injury.

**SEQUENCE**

(noun)

**A set of related events, movements, or things that follow each other in   
a particular order.**

The students must follow the prescribed **sequence** of throws in the Awakening the Earth challenge.

**SERVICE**

(noun)

**The act of helping or doing work for someone or something   
outside of yourself.**

Cleaning the school yard was a **service** to   
the entire community.

**SOCIAL INTERACTION**

(noun)

**An exchange of communication between two or more individuals.**

The **social interaction** among the team was positive and constructive and allowed all members to contribute to the group’s success.

**SPIRIT OF THE GAME**

(noun)

**An overarching concept that places the responsibility of fair play on each player. Respect, adherence to rules, and the joy of play are valued over competition.**

There are no referees needed in Ang-Konnh because players depend on the **spirit of the game** to ensure fair play and fun for everyone.

**STRIKING**

(verb)

**Making contact with an object by hitting it, with or without a manipulative.**

Yoda acted like a Jedi master while **striking** the hoop with a stick in our cultural game.

**TEAMWORK**

(noun)

**The combined action and effort of a group working toward a common goal or purpose.**

Destiny and Jayden knew that reaching the goal would take **teamwork**, so they worked hard to communicate and cooperate during all   
practices and games.

**TRAVERSE**

(verb)

**To travel across or through.**

Lisa and Amanda used the ropes to **traverse** the length of the challenge course.