**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 have fun with the parachute and make her muscles stronger.

**APPROPRIATE**

(adjective)

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

Listening to the teacher’s instruction is an **appropriate** behavior for all students in physical education class.

**CHALLENGE**

(noun)

**Something that presents difficulty and requires effort to**

**master or achieve.**

Joy accepted the **challenge** of shaking the parachute as fast as she could.

**CLOCKWISE**

(adverb & adjective)

**Moving in the same direction as the forward movement of the hands   
of a clock.**

The class rotated in a **clockwise** circle as they held on to the parachute.

**CONTROL**

(verb)

**To manage or regulate the movement or actions of something.**

The class was able to **control** the parachute on their teacher’s command.

**COOPERATION**

(noun)

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

The class demonstrated **cooperation** by working together to create a parachute tent.

**COORDINATION**

(noun)

**The ability to synchronize, or combine at the same time, movements of several parts   
of the body.**

Lifting and lowering the parachute in unison with classmates requires a lot of **coordination**.

**COUNTER-CLOCKWISE**

(adverb & adjective)

**Moving in the reverse direction as the forward movment of the hands   
of a clock.**

The class turned and begain walking with the parachute in a **counter-clockwise** circle.

**DEMONSTRATE**

(verb)

**To show or perform an action for others to see.**

Lara was able to **demonstrate** how to hold the parachute with a mixed grip.

**DIRECTION**

(noun)

**The course along which   
something moves.**

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

**ETIQUETTE**

(noun) **The set of customary or acceptable behaviors among members of a group or in a specific setting.**

Chandler showed proper **etiquette** during physical education class by sitting still until the   
teacher said, “GO!”

**FITNESS**

(noun)

**The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living, as well as cope with emergencies.**

The students developed their levels of **fitness** in order to be able to have fun and play safely on the monkey bars.

**FORCE**

(noun)

**Strength or power used on an object.**

During the parachute activity, Allison applied a great **force** in order to successfully move the parachute up and down.

**MINDFUL**

(adjective)  
 **A state of awareness relating to one’s immediate surroundings as well as the activity happening around her/him.**

Adra was **mindful** of the other students’ movements under the parachute.

**MIXED GRIP**

(verb)

**A grip postion with hands set so that one hand is overhand (knuckles up) and the other is underhand   
(knuckles down).**

Jack thought that shaking the parachute with a **mixed grip** helped him shake it faster.

**MUSCLE**

(noun)

**A bundle of fibrous tissue inside the body of a person or animal that can tighten and contract in order to move or maintain the position of body parts.**

Kerri identified her quadriceps as a **muscle**   
in her thigh.

**MUSCULAR ENDURANCE**

(noun)

**The ability of a muscle to continue to perform without fatigue.**

Keira showed the teacher her **muscular endurance** by shaking the parachute for three minutes   
without stopping.

**MUSCULAR STRENGTH**

(noun)

**The maximum amount of force a muscle can produce in a single effort.**

The class used **muscular strength** as they launched the foam ball all the way to the ceiling.

**OVERHAND GRIP**

(verb)

**A grip postion with hands set so that both palms are facing the floor (knuckles up).**

Gino used an **overhand grip** to shake the parachute on the first day of physical  
 education class.

**RELAXATION**

(noun)

**A state of feeling free from tension   
or anxiety.**

Josh's favorite form of **relaxation** is laying on top of the parachute with his eyes closed.

**RESPECT**

(verb)

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

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

**RESPONSIBILITY**

(noun)

**A duty or obligation.**

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

**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 parachute activity so she could move her arms and legs without accidentally hitting any of her classmates.

**TEAMWORK**

(noun)

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

Kahla demonstrated **teamwork** by working with  
the rest of the class to shake the foam balls off  
of the parachute.

**TRUST**

(verb)

**To believe in the reliability of something or someone.**

Meg knew that she could **trust** her teacher to keep her safe during physical education class.

**UNDERHAND GRIP**

(noun)

**A grip position with hands set so that both palms are facing the ceiling (knuckles down).**

Russel learned the **underhand grip** in order to perform all of the parachute fitness activities.