

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 movement of the hands of a clock.

The class turned and began 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 position 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 position 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.

