**Accuracy**

(noun)

**The quality of being correct, precise,   
or on target.**

Sydney hit the birdie to Melissa with   
perfect **accuracy**.

**Assessment**

(noun)

**An evaluation of the state, quality, or ability of a person or thing.**

Kristin's peer **assessment** of Katie helped Katie learn how she could improve.

**Backhand Strike**

(noun)

**A type of strike hit to the right of a left-handed player and to the left of a right-handed player.**

Sharyn returned the birdie to Diana using  
 a **backhand strike**.

**Balance**

(verb)

**To keep or put something in a steady position so that it does not fall.**

Kathryn **balanced** the birdie on her paddle so perfectly that it never fell off.

**Carotid Pulse**

(noun)

**One's heartbeat as felt through the side of the neck, directly over the carotid artery.**

Nadine felt her **corotid pulse** by placing her fingers on the side of her neck.

**Catch**

(verb)

**To grab and hold something that has been thrown or dropped.**

Alejandro stretched to **catch** the birdie his partner had tossed to him.

**Conflict Resolution**

(noun)

**The act of finding a peaceful solution  
 to a disagreement.**

**Conflict resolution** is an important part of working in teams.

**Constructive Criticism**

(noun)

**The act of telling someone what they're doing wrong, kindly and with the intention of helping them improve.**

Laura's **constructive criticism** didn't make Roamell feel bad. Instead, it made him feel like with a little bit of practice, he could definitely improve.

**Corrective Feedback**

(noun)

**The act of pointing out an error and explaining how it can be avoided   
next time.**

Mr. Hart gives us **corrective feedback** during Physical Education so that we can learn how to improve.

**Direction**

(noun)

**The course along which   
something moves.**

Tejas hit the birdie with his paddle and sent it flying back in the opposite **direction**.

**Etiquette**

(noun)

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

When everyone uses proper **etiquette** in Physical Education class, we all have  
 more fun.

**Feedback**

(noun)

**Information provided in reaction to a performance, action, or piece of work.**

**Feedback** from his peers and teachers helped Drew become better at hitting  
 the birdie.

**Force**

(noun)

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

Jeff hit the birdie with enough **force** to send it back over the net to his partner.

**Forehand Strike**

(noun)

**A type of strike hit to the left of a left-handed player and to the right of a right-handed player.**

Amy is right-handed and the birdie was hit to her right, so she ran over and used a **forehand strike** to return it.

**Health-Related Fitness**

(noun)

**A group of 5 physical characteristics that contribute to a person’s overall well-being. The 5 components of Health-Related Fitness include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.**

Playing pickleminton is a great way to improve our **health-related fitness** because it requires us to be active and move around the whole time.

**Heart Rate**

(noun)

**The speed at which the heart is beating, measured in beats per minute.**

Because it requires you to move quickly from one side of the court and back to the other, playing pickleminton raises your **heart rate**.

**Integrity**

(noun)

**The quality of having strong   
moral principles.**

The best teammates are those who have a positive attitude and always play  
 with **integrity**.

**Movement Concepts**

(noun)

**The elements important in the study of human movement: body awareness, space, and qualities of movement (force, balance, time, and flow).**

By understanding **movement concepts**, we can get better at controling the birdie   
with our paddles.

**Open Space**

(noun)

**An area of general space with no obstacles where people or objects can move freely.**

TJ was careful to watch out for his classmates in order to move safely  
 in **open space**.

**Pedometer**

(noun)

**A piece of wearable technology that detects a person's motion in order to count how many steps they take.**

Hugh wears a **pedometer** to track how often can take at least 15,000 steps per day.

**Personal Responsibility**

(noun)

**A commitment to act in a way that shows respect for self and others while being accountable for honoring commitments and duties.**

Penny showed **personal responsibility** when she played safely and put all her equipment away at the end of class.

**Placement**

(noun)

**Location.**

In pickleminton, we practice **placement**

in order to get the birdie to land where we want it to land.

**Post-test**

(noun)

**An evaluation and recording of a performance or statistic after learning or work has occurred; often compared to a previously recorded benchmark to**

**evaluate improvement.**

Curtis' **post-test** revealed that his heart rate had increased while playing pickleminton.

**Pre-test**

(noun)

**An evaluation and recording of a performance or statistic before learning or work has occurred; often used as a benchmark to track improvement later.**

We took a **pre-test** before playing pickleminton so that we could see how much our heart rates increased during the game.

**Radial Pulse**

(noun)

**One's heartbeat as felt through underside of the wrist, directly over the radial artery.**

Darius took his **radial pulse** by placing his fingers on the underside of his wrist.

**Respect**

(verb)

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

Andy has a lot of **respect** for the way Sid practices every day.

**Serve**

(noun)

**To enter the ball into play, usually over a net as in tennis, badminton,  
 and volleyball.**

Nishtha **served** the birdie to Madelene  
 to start the game.

**Skill-Related Fitness**

(noun)

**A group of 6 psychomotor characteristics that contribute to a person’s ability to successfully complete a physical performance. The 6 components of Skill-Related Fitness include Agility, Balance, Coordination, Power, Reaction Time, and Speed.**

Playing pickleminton helps us improve our **skill-related fitness** because we get better at controling the birdie and the paddle.

**SMART Goals**

(noun)

**Goals that are SMART: specific, measurable, attainable, realistic   
and timely.**

Alina set **SMART goals** as part of her plan to improve her health-related fitness.

**Strategy**

(noun)

**A plan of action for achieving a goal.**

It is a good **strategy** to try to hit the birdie to the opposite side of the court from where your opponent is currently standing.

**Strike**

(verb)

**Hit forcibly and deliberately.**

If you **strike** the birdie well, you will   
score a point.

**Toss**

(verb)

**To throw something lightly or gently.**

To practice returning the birdie, Tom attempted to hit it after Susie   
**tossed** it to him.