

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 controlling 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 he 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 controlling 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.

