Accuracy

(noun)

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

Mike threw the ball to the batter with **accuracy**.

Actively Engage

(verb)

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

Stephanie showed she was **actively engaged** in class by participating at all of the stations.

Agility

(noun)

The ability to change body position and direction quickly and efficiently.

Emily used her **agility** to run around first base to second base.

Athletic Stance

(noun)

A body position in which the feet are far apart, the knees are bent, and the hands are up and out. This allows an athlete to react to anything   
that happens next.

Jack stood in **athletic stance** while he played   
in the outfield.

Balance

(noun)

An even distribution of weight that allows someone or something to stay   
upright and steady.

Kate has great **balance** during the   
follow-through of her pitch.

Body Composition

(noun)

Measurement of the percentage of fat, muscle, water, and bone found in the human body.  
  
Ryan maintained his healthy **body composition** by playing in an after-school baseball league and eating healthily.

Cardiovascular Endurance

(noun)

The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.

**Cardiovascular endurance** helps Karen reach all three bases when she hits a home run.

Catch

(verb)

To receive a ball in your hands after it has been projected from another person or apparatus.  
  
During physical education class, Andrew was able to **catch** the baseball every time it was  
 thrown to him.

Coordination

(noun)

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

A successful catch in baseball requires a lot of attention and **coordination**.

Critical Elements

(noun)

The individual parts of a skill that are important to successful performance.

Luke performed all of the **critical elements** of a pitch correctly.

Fielding

(verb)

To catch or pick up the ball in play.

During the baseball game, Ms. Mason applauded her class on their **fielding** skills.

Fitness

(noun)

The condition of being physically   
fit and healthy.

Hailee has a great level of **fitness** because she plays sports regularly.

Flexibility

(noun)

The ability to bend and move the joints through the full range of motion.

A catcher must have good **flexibility** in order to squat behind the pitcher.

Follow-Through

(noun)

The act of continuing to move after an object has been kicked,   
struck, or thrown.

The **follow-through** is a critical element of a throw as it helps with speed and accuracy.

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.

You use all 5 components of **Health-Related Fitness** when you play in a baseball game.

Independently

(adverb)

The state of being free from outside control or lead.

The class was asked to work on their throwing skills **independently**.

Manipulative Skill

(noun)

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

Baseball involves several **manipulative skills**, as you must be able to throw, catch, and hit the ball.

Mature Skill Pattern

(noun)

The accurate performance of any skill during which all critical components   
are present.

Lucy can throw with a **mature skill pattern**.

Muscular Endurance

(noun)

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

**Muscular endurance** is required to pitch the baseball multiple times in a row.

Muscular Strength

(noun)

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

Charlie used all his **muscular strength** to   
hit a home run.

Overhand

(adjective)

Executed with the arm or hand above shoulder level.

Neil used an **overhand** throw to get the ball to Zoe.

Participation

(noun)

The act of engaging and taking part in an activity.

The teacher was very happy to see that his students’ **participation** increased during the bat and ball unit.

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.

Courtney showed **personal responsibility** by ensuring no one was standing too close to her before she swung the baseball bat.

Pivot

(verb)

To keep one foot in place while moving the other foot one step in any direction.

In order to throw the ball well, a player must  
 **pivot** on one leg.

Power

(noun)

The ability to produce maximum force in the shortest time.

Jeff knew that if he was going to hit a home run, he would need to use a lot of **power** when   
he swung the bat.

Reaction Time

(noun)

The time it takes to respond to what a person can hear, see, or feel.

Jamie has good **reaction time**: she took off for first base as soon as she hit the baseball.

Responsibility

(noun)

The state of having a duty or obligation.

It is everyone’s **responsibility** to make sure that the baseball equipment gets put away at the   
end of class.

Safety

(noun)

The condition of being protected from or unlikely to cause danger, risk, or injury.

Students were asked to practice **safety** by checking their surroundings before swinging the bat.

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.

Michele practiced all 6 components of **Skill-Related Fitness** to prepare for her upcoming  
 baseball game.

Speed

(noun)

The ability to propel the body or a part of the body rapidly from one point to another.

Gino ran with great **speed** to first base so that he wouldn't be tagged out.

Strike

(verb)

To hit forcibly and deliberately. To make contact with an object by hitting it.

Hannah practiced her ability to **strike** a baseball at home with her dad.

Throw

(verb)

To propel an object with force through the air by a movement of the arm and hand.

It is important for the students in the outfield to be able to **throw** correctly.

Underhand

(adjective)

Executed with the arm or hand below shoulder level.

Mike used an **underhand** serve to pitch the baseball to Sarah.