

AEROBIC ACTIVITY

(noun)

Sustained exercise/movement such as jogging or cycling that stimulates and strengthens the cardiorespiratory system.

Performing aerobic activities Tabata-style can help make us even healthier.



AGILITY

(noun)

**The ability to move quickly, easily,
and with precision.**

Football players have great agility, which allows them to dart out of the way of the defense quickly.



APPROPRIATE

(adjective)

Correct or right for a given situation or setting.

If everyone demonstrates appropriate behavior,
P.E. class will be fun for us all.



BALANCE

(noun)

The ability to adjust the distribution of weight in order to remain upright and steady.

The more you practice balancing on one leg, the easier it will become.



BARRIER

(noun)

A circumstance or obstacle that prevents a person or group of people from achieving a goal or accomplishing a task.

Part of what makes exercise so fun is overcoming barriers and feeling proud of your accomplishments.



BLOOD

(noun)

The liquid that circulates in the arteries and veins of humans transporting oxygen, nutrients, and other essential substances throughout the body while also eliminating waste materials such as carbon dioxide.

Colin knew that the faster his heart was beating, the faster blood was circulated throughout his body.



BODY COMPOSITION

(noun)

**The high ratio of lean tissue
to fat tissue in the body.**

The more often you exercise and eat healthily, the better your body composition will become.



BODY SYSTEM

(noun)

A group of organs and structures that together perform one or more vital functions.

Examples include the circulatory system and the digestive system.

Plenty of exercise and proper nutrition are good for all your body systems.



BONE

(noun)

Hard, whitish tissue that makes up the skeleton in humans and other vertebrates.

We have to keep our muscles and our bones strong if we want to live long, healthy lives.



BONE-STRENGTHENING EXERCISE

(noun)

Physical activity that is weight-bearing and muscle-strengthening and applies safe pressure on any part of the skeletal system.

Jump-squats are Deedi's favorite bone-strengthening exercise.



CARDIORESPIRATORY ENDURANCE

(noun)

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

Tabata-style sprinting workouts are sure to increase your cardiorespiratory endurance.



COMPARE

(verb)

To note the similarities between two or more things.

If you compare planks and push-ups, you'll see that they are very similar to one another.



CONNECTION

(noun)

A relationship in which a person, place, thing, or idea is linked with something else.

There is a scientific connection between exercise and good health.



CONTINUOUS

(adjective)

Without stopping.

Tabata-style workouts are different from continuous workouts because you pause to recover every so often instead of moving non-stop.



CONTRACT

(verb)

The muscular action that shortens or tightens a muscle in order to stabilize or cause movement in a part of the body.

Greg watched his quadriceps contract as he performed a squat with good form.



CONTRAST

(verb)

To note the differences between two or more things.

Caroline contrasted Tabata workouts with long jogs and noticed that one is stop-and-go, while the other is continuous.



COORDINATION

(noun)

The ability to use different parts of the body together smoothly, efficiently, and purposefully.

Jack practiced walking along a straight line every day in order to improve his coordination.



DESIGN

(verb)

To create a plan with a specific purpose or intention.

Tabata training is designed to allow your heart rate to spike and then recover multiple times within one workout.

DIGESTIVE SYSTEM

(noun)

The gastrointestinal tract plus accessory organs and structures that move food from the mouth through the body in order to break down food so that it can be absorbed and assimilated into the body.

Ron knew that eating the right foods could help make his digestive system healthier.



DISTINGUISH

(verb)

To recognize or treat someone or something as different or apart.

The stronger she became, the more easily Elizabeth could distinguish all the different muscles in her body.



DOCUMENT

(verb)

To record in written, photographic, or other form that can be recalled or produced at a later time for review.

Andy documented all his workouts so that he could go back later and remember what he did.



ELIMINATE

(verb)

To remove, get rid of, or exclude.

Eliminating trans fats from our diets
will make us healthier.



ENCOURAGE

(verb)

To offer support, confidence, or hope to someone else.

Bobby encouraged Lisa to complete one more Tabata interval and finish the set strong.



EQUIPMENT

(noun)

The set of tools, accessories, and objects used in a sport or activity.

It's important to be gentle with P.E. equipment so that it will stay in good condition for everyone to use.



EXERT

(verb)

To make a physical or mental effort.

Donovan exerted his maximum strength during the Tabata-style push-ups.



FITNESS

(noun)

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

By making Tabata-style workouts a part of her regular routine, Josie improved her fitness.



FLEXIBILITY

(noun)

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

Avery wanted to improve his flexibility in order to avoid becoming injured.



GUIDANCE

(noun)

Advice or information aimed at helping a person or group reach a goal, resolve a problem, or improve.

Exercising in P.E. class is beneficial because the teacher can provide guidance about proper exercise form.



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.

Andrew performed a Tabata-style pushup workout to improve his health-related fitness.



HEALTHY BODY

(noun)

The body of an individual whose body systems are all working at optimal levels. This is one part of wellness, which also includes mental, emotional, and social well-being.

Tabata workouts can help you create a healthy body.



IDENTIFY

(verb)

To establish who or what someone or something is.

Can you identify all the aspects of health-related fitness?



IMPACT

(noun)

The effect or influence of a person, thing, or action on another person, thing, or action.

Exercise and healthy eating have a very positive impact on the body.



IMPLEMENT

(verb)

**To put a decision, plan,
or agreement into action.**

Aiden implemented a plan to exercise five times a week and began to feel more energetic in his daily life.



IMPROVE

(verb)

To achieve a higher standard or quality; to make or become better.

If you practice purposefully every day,
you are certain to improve.



INDEPENDENT

(adjective)

Free from outside control or lead.

April counted in her head so that she could perform the Tabata workout independently without someone keeping time.



INTERACT

(verb)

To act in a way that has an effect on another while they also have an effect on you.

Frank loves to interact with his classmates while he is at school.



INTERMITTENT

(adjective)

Occurring in intervals. Not continuous or steady.

Tabata workouts involve intermittent starting and stopping.



LOG

(noun)

A regular and systematic record of occurrences or observations.

Zach recorded all his workouts in his activity log to keep track of his progress.



MAJOR MUSCLES

(noun)

Groups of muscles that all work to move or stabilize a specific region of the body.

Major muscles in the body include the abdominals and the quadriceps, among others.



MENTAL HEALTH

(noun)

A person's psychological and emotional well-being.

Exercise can improve your mental health in addition to your physical health, especially mindful exercises like yoga.



MODERATE INTENSITY

(noun)

A rate of movement that can be sustained for long periods of time; increases heart rate, but also allows an individual to easily maintain a conversation without losing one's breath.

Tracy performed exercises with moderate intensity so that she could maintain them for a longer duration.



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.

A Tabata squat workout will strengthen all the muscles in your legs.



MUSCLE-STRENGTHENING EXERCISE

(noun)

Physical activity that safely overloads a muscle or group of muscles in order to increase one's overall ability to move weight.

Jeff's favorite muscle-strengthening exercise is biceps curls.



MUSCULAR ENDURANCE

(noun)

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

Being strong is not enough; you must also have muscular endurance in order to make it through an entire Tabata workout without stopping to rest.



MUSCULAR STRENGTH

(noun)

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

Annie wanted to increase her muscular strength so that she could lift heavier objects with ease.



NUTRIENT

(noun)

A substance that provides nourishment essential for growth and the maintenance of life.

Most healthy foods contain multiple different nutrients.



NUTRITION

(noun)

The process of providing or obtaining the food necessary for health and growth.

To become your healthiest self, you must pay attention to both exercise and nutrition.



OXYGEN

(noun)

A colorless, odorless chemical element that is the life-supporting component of the air.

When you are in good physical shape, your body uses oxygen more efficiently, so your heart doesn't have to work as hard during exercise.



PHYSICAL ACTIVITY

(noun)

Any physical movement that uses the body's energy.

Tabata-style workouts are a great physical activity to improve strength and overall health.



PHYSICAL ACTIVITY LEVEL

(noun)

An expression of a person's daily physical activity.

Kaitlynn increased her physical activity level so that she could improve her overall health.



PHYSICAL HEALTH

(noun)

A description of the working condition of a person's body systems.

Erin wanted to improve her physical health, so she began eating healthier foods.



PHYSICALLY ACTIVE

(adjective)

In motion, often referring to purposeful movement done for health benefits.

Molly stays physically active so that she will be strong and fit.



PHYSICALLY ACTIVE LIFESTYLE

(noun)

Regular and habitual behaviors that contribute positively to a person's ability to perform and enjoy health-enhancing physical activity.

A physically active lifestyle is important if one wants to live a long and healthy life.



POWER

(noun)

The ability to quickly exert force.

The stronger your legs are, the more power you will have to jump high.



PROGRAM

(noun)

A planned series of events, activities, or behaviors.

Mike worked with his P.E. teacher to develop an exercise program he could follow regularly.



REACTION TIME

(noun)

The rate at which one is able to respond to a stimulus.

Nora watched her opponents closely so that when they moved, her reaction time would be as short as possible.



REFLECT

(verb)

To think deeply or carefully about something, oftentimes a prior experience.

Ferdinand used his activity log to remember which exercises he'd performed and reflect on whether they were effective.



RELAX

(verb)

**To make or become less tense or
anxious.**

When one part of a muscle group contracts, the
other part relaxes.



RESPECT

(noun)

A feeling of deep admiration for someone or something due to their abilities, qualities, or achievements.

Tanya showed respect for her peers by putting the equipment back where it belonged after class.



RESPIRATORY SYSTEM

(noun)

A set of organs and body structures that allow a person to breathe and exchange oxygen and carbon dioxide throughout the body.

Aerobic activities make the respiratory system more healthy.



RULE

(noun)

**An understood law or command
that keeps a space or activity
under control.**

When the whole class follows the rules,
everyone has more fun.



SAFE

(adjective)

**Protected against physical, social,
and emotional harm.**

You must perform exercises with good form in order
for them to be safe for your body.



SAFETY CONCERNS

(noun)

A matter of interest or importance to the well-being of a person, group, place, or thing.

If you can identify the safety concerns associated with a specific activity, you can work to avoid them.

SELF-RESPECT

(noun)

A feeling that one is behaving with honor, dignity, and honesty.

Laura's self-respect increased when she realized that she was even stronger than she thought.



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.

Improving your skill-related fitness will help you become a better athlete.



SOCIAL INTERACTION

(noun)

The way that people relate and respond to each other when in pairs or groups.

Amie and Kimber had a positive social interaction when they shook hands after class.



SOLUTION

(noun)

A specific way or plan for solving a problem or dealing with a difficult situation.

Sometimes the solution to a bad mood is to get up and exercise!



SPECIFIC

(adjective)

Clearly defined or identified.

The time period of a traditional Tabata exercise is specific: 20 seconds on, 10 seconds off.



SPEED

(noun)

The rate at which one is able to move or operate.

The greater your speed when you perform an exercise, the more reps you can fit into one Tabata interval.



SPIRIT OF THE GAME

(noun)

An overarching concept that places the responsibility of fair play on each player. Respect, adherence to rules, and the joy of play are valued over competition.

Because there weren't enough teachers to referee every match, our class relied on the spirit of the game to keep the activity running smoothly.



SUPPORT

(verb)

**To give help, assistance,
and encouragement to
someone or something.**

Keri wanted to support her classmates, so she cheered them on as they completed a Tabata set.



TABATA INTERVAL TRAINING

(noun)

A form of high intensity interval training inspired by the research of Dr. Izumi Tabata. It is characterized by 8 rounds with 20-second intervals of high-intensity exercise followed by 10 seconds of rest. Oftentimes, this 4-minute interval pattern is repeated 4 times to create a 20-minute workout routine.

Tabata interval training makes my heart rate switch between hard work and recovery, which has many health benefits.



TRASH TALK

(noun)

Insulting or boastful speech intended to disrespect or intimidate an opponent or rival.

Trash talk is not a kind-hearted action.



TYPE

(noun)

The activity category associated with a given exercise (e.g., strength training, cardio, etc.).

Bethany's favorite type of workout is Tabata-style.

VIGOROUS INTENSITY

(noun)

A rate of movement that can be sustained for short periods of time and increases respiration and heart rate, making it difficult to hold a conversation without losing one's breath.

Connor exercised with vigorous intensity in order to increase his heart rate into the target zone.

