**1V1**

(noun)

Alex and Micah played **1v1** soccer, with Alex trying to score on offense and Micah trying to steal the ball on defense.

**A sport/game situation in which one defensive player challenges one offensive player**.

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

**BONE**(noun)

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

**BRAIN**

(noun)

**An organ of soft nervous tissue contained in the skull of vertebrates, functioning as the coordinating center of sensation and intellectual and nervous activity.**

Sydney loves the challenge of using her **brain** to solve all the questions the teacher asks.

**BREATHING**

(verb)

Nick was **breathing** hard after running for a long time.

**The process of taking air into and expelling it from the lungs.**

**Cardiorespiratory Endurance**

(noun)

Tristan improved his **cardiorespiratory endurance** by doing jumping jacks until he felt his heart rate and breathing get faster.

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

**CHALLENGE**

(noun)

It was a **challenge** to try and catch my partner before they got to the other side of the activity area because they were very fast.

**Something that presents  
difficulty and requires effort to master or achieve.**

**CHASE**

(verb)

Keep an eye on a person’s hips when you are **chasing** them in order to see where they will go next.

**To pursue an individual, group, or object in an effort to catch it.**

**DIRECTION**

(noun)

**The course along which  
something moves.**

Caleb decided to change **direction** by stopping, turning, and going back to where he started.

**DODGE**

(verb)

Ben tried to **dodge** Evan by jumping  
over the rope in front of him.

**To avoid someone or something by quickly moving the body in a direction other than the original line of movement.**

**ENERGY**

(noun)

Josh used up all of his **energy** to get to the other side of the gym without getting tagged.

**The strength and vitality required for sustained physical or mental activity.**

**ETIQUETTE**

(noun)

John followed class **etiquette** in P.E. by taking turns with equipment and listening respectfully to the ideas of others.

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

**FAST**

(adjective)

**Able to move or act at a high speed.**

Dylan was **fast** as he ran through the cones so that no one could catch him.

**FLEE**

(verb)

**To run away from a place or situation in order to escape a consequence.**

Alex needed to start **fleeing** if he wanted to avoid getting caught.

**FLEXIBILITY**

(noun)

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

Zoe’s **flexibility** was the best in the class because she always followed her P.E. teacher’s advice to properly warm up and cool down when exercising.

**To perform a sliding movement in a forward direction.**

**GALLOP**

(verb)

During P.E. class, students were asked to move like a horse, so they **galloped.**

**GENERAL SPACE**

(noun)

In P.E. class, we share **general space** so that everyone can move safely within the activity area.

**The area within a boundary in which a person can move using different types of locomotion.**

**HEART**

(noun)

When Joshua plays tag in P.E. class, his   
**heart** beats faster.

**The muscular organ that pumps blood through the body.**

**HEARTBEAT**

(noun)

If you place your hand on your chest, you can feel your **heartbeats**.

**A single pulsation of the heart.**

**Heart Rate**

(noun)

Nancy checks her **heart rate** before and after exercise and knows that when she moves faster, her **heart rate** increases.

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

**HOP**

(verb)

**A locomotor movement in which the performer takes off on one foot and lands on the same foot.**

During a game of hopscotch, Sarah **hopped** three times before picking up the beanbag.

**HYDRATION**

(noun)

Bruce drinks water before, during, and after exercise because proper **hydration** helps him perform his best.

**The process of drinking the correct amount water needed to keep your body working right.**

**INTENSITY**

(noun)

Don’t make your exercise **intensity** higher than your body can handle, or you could become injured.

**The amount of exertion used when performing an exercise or activity.**

**LOCOMOTOR SKILLS**

(noun)

**The basic ways to move  
your body through space.**

Dane’s favorite **locomotor skill** is a skip, but Betsy likes to run.

**LUNGS**(noun)

**Either of two saclike respiratory organs in the chest of vertebrates; serves to remove carbon dioxide and provide oxygen to the blood.**

Tom shouted at the top of his **lungs** so that Mary could hear him over the sound of the music.

**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.**

**MUSCLE**

(noun)

Strengthening our **muscles** helps us to do everyday things, like climbing on the playground and lifting gigantic invisible dumbbells.

**NUTRITION**

(noun)

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

Julie chooses healthy foods because she knows that **nutrition** is important if she wants to grow and be healthy.

**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.

**PERSONAL SPACE**

(noun)

**The area around a person in which they feel comfortable but would become uncomfortable if someone or something enters.**

It’s important to respect everyone’s **personal space** during activities so that we can all learn and safely move in the activity area.

**RESPECT**

(verb)

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

I **respect** my classmates because they come to class and work hard to improve.

**RESPONSIBILITY**

(noun)

Completing the self-assessment was a **responsibility** that Jackson took very seriously.

**The state of having a duty or obligation.**

**RUN**

(verb)

**A transfer of weight from one foot to the other that involves momentary loss of contact with the floor or ground by both feet; similar to walking but with a longer stride.**

During the game of tag, Michael needed to **run** quickly in order to avoid being tagged.

**SIDE-SLIDE**

(verb)

**To perform a step sideways with one foot, then a pull or drag of the other foot beside it (step-close, step-close).**

While playing goalie, Cameron **side-slides** to quickly get into position and make a save.

**SKIP**

(verb)

**To perform a step-hop combination. executed in an uneven rhythm, alternating the lead foot.**

Lillie liked to **skip** along the sidewalk on her way to school each morning.

**SLOW**

(adjective)

Tony moved through the exercises at a **slow** pace because he wanted to take his time and make sure he used proper form.

**Moving or acting a low speed.**