

ABOVE-CHEST PASS

(noun)

A method of passing a ball that requires hand placement at shoulder level, palms out, and fingers pointing up toward the head.

TJ's **above-chest pass** was so accurate that Kevin didn't even have to stretch his arms out to catch it.



ACCURACY

(noun)

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

Harry knew his spikes would be more successful if
he practiced and improved his **accuracy**.



APPROPRIATE

(adjective)

Correct or right for a given situation or setting.

Annie's level-headed response to her team's loss was both **appropriate** and mature.



BELOW-CHEST PASS

(noun)

A method of passing a ball that requires hand placement at waist level, palms out, and fingers away from the body.

Sandy's hand placement during her **below-chest pass** was perfect, and it went right to Angela.



BEST PRACTICE

(noun)

Content-specific procedures/behaviors that are accepted or prescribed as being correct or most effective.

Mr. Brown brought in a guest speaker from the Spikeball Roundnet Association to teach us the **best practices** for Roundnet skill development.



CHALLENGE

(noun)

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

Roundnet can be a **challenge** for people who have never played a raquet game before.



COMMUNITY RECREATION

(noun)

A range of activities, resources and experiences planned for and carried out to meet the recreation needs of a community of people.

Organizations that provide **community recreation** serve a true need for the public.



COMPETENCE

(noun)

The ability to successfully and consistently complete a task or perform a skill.

The best way to gain **competence** in serving is to practice over and over.



COMPETITION

(noun)

An event or contest between two or more people or teams.

Joey and Emily smiled and shook hands with their **competition** before the match began.



CONTROL

(verb)

To manage or regulate the movement or actions of something.

If you hit the birdie too hard, it will fly out of your **control**.



COOPERATION

(noun)

The process of working together for a common goal or outcome.

During a game of Roundnet, teammates have to rely on **cooperation** in order to score.



DRILL

(noun)

A repeated exercise meant to instruct or train participants in a specific skill.

Serving **drills** are a great way to get better at placing the birdie into play.



EFFORT

(noun)

A) In movement concepts, this refers to how the body moves and applies the concepts of time (fast, slow) force (strong, light), and flow (bound, free) to specific movement situations.

B) The amount of determination or exertion used to accomplish a goal.

Skill can only get you so far in a competition; you must also exert great **effort**.



ETHICAL

(adjective)

Relating to ethics; principles that guide positive, moral action.

It is not always easy to make **ethical** decisions, but it is always right.



ETIQUETTE

(noun)

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

Both teams displayed proper **etiquette** through their sportsmanship and adherence to the spirit of the game.



FORCE

(noun)

**An influence of energy/strength that changes the motion of an object or produces movement of a stationary object.
[Force = Mass X Acceleration].**

Bethel attempted to use less **force** so that the birdie would drop just over the net.



GRIT

(noun)

The combination of passion and perseverance, which allows an individual to continuously develop skill and work toward consistent achievement through a repetitive cycle of purposeful practice and peak performance.

Christine's **grit** allowed her to be resilient, practicing again and again until she mastered her serve.



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.

Roundnet is a great way to improve **health-related fitness.**



LIFETIME ACTIVITY

(noun)

An activity, exercise, or sport one can enjoy throughout their lifetime, from childhood to old age.

Jogging is Maria's favorite **lifetime activity**.



MOVEMENT CONCEPTS

(noun)

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

Archie was able to apply what he'd learned about **movement concepts** to his Roundnet skill practice.



ORGANIZE

(verb)

To arrange something into
a structured order.

Sydney **organized** her workouts into a detailed
practice plan.



PRACTICE PLAN

(noun)

- A) A written itinerary for a single sport practice session or workout.
- B) A strategically organized calendar of game or sport practice sessions and workouts.

Developing a **practice plan** will help you bring intention and focus into your practice, which will make it more effective.



PURPOSEFUL PRACTICE

(noun)

Structured and focused activity designed to improve skill and performance through challenging tasks that provide feedback through trial, error, adjustment, and success.

Purposeful practice helped David perfect his spike.



RALLY

(noun)

The act of hitting of a ball back and forth between players before a point is scored.

Open communication allowed the teams to perform six **rallies** before the birdie was spiked.



REFINE

(verb)

To improve something by making small, incremental changes.

Kate **refined** her strategy over and over until she felt that it was perfect.



RESPECT

(noun)

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

Brandon has the utmost **respect** for Sarah because of her composure under pressure and kindness toward her opponents.



SAFETY

(noun)

The condition of being protected against physical, social, and emotional harm.

Safety is everyone's responsibility during physical education class.



SET

(noun)

Strategic passes between players in order to position the ball for a spike.

Melanie and Jeff performed **sets** in order to allow Norah to spike the birdie,



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.

The components of **skill-related fitness** are all important when playing Roundnet.



SPEED

(noun)

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

You'll need a lot of **speed** if you want to save a spike hit on the other side of the court.



SPIKE

(verb)

To hit a ball or other object with a powerful, overarm motion so that it travels down into the area your opponents are defending.

Spiking the birdie can be a very effective way to score points.



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.

Will, James, Tessa, and Clary had a great time playing Roundnet because everyone respected the **spirit of the game** by playing fairly and staying positive.



STAGES OF MOTOR LEARNING

(noun)

The three stages through which the brain uses practice or experience in order to learn a movement or skill; they include Cognitive (understanding the skill), Associative (refining the ability to perform the skill), and Autonomous (the skill becomes mostly automatic).

Jimmy understood what was required to serve the birdie, and so he moved to the Associative **stage of motor learning**; he practiced over and over.



STRATEGY

(noun)

A plan of action for achieving a goal.

Mr. Sporado explained that your team will be more likely to win if you have a solid **strategy** going in to the match.



SUCCESS

(noun)

The accomplishment of a goal or purpose.

Success is not just something you achieve; it is something you earn through dedication and effort.



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.

Wylan loved to use **Tabata Interval Training** to stay in shape.



TEAMWORK

(noun)

The combined action and effort of a group of people working toward a goal or purpose.

It takes well-coordinated **teamwork** in order to perform an effective set and spike.



TRADE-OFF

(noun)

A situation in which one must choose between or balance two mutually exclusive alternatives.

Sometimes improving your health involves making a **trade-off** between eating unhealthy foods and fueling your body with the nutrients it needs.



VALUE

(noun)

A) The importance, worth, or usefulness of something.

B) A person's principles, morals, or judgments of what is important in life.

Because living a healthy life is one of Danica's **values**, she exercises regularly and eats healthy foods.

