**APPROPRIATE**

**Adjective**

**Correct or right for a given
situation or setting.**



Austin found that physical education class was
more fun when everyone in his class demonstrated **appropriate** behavior.

**BACKWARD**

**Adverb**

**Moving toward the back or in reverse.**



Walking **backward** is more difficult than walking
forward because you can't see where you're going.

**BUTTON (CURLING)**

**Noun**

**In curling, the marked center of
the target rings (house).**



The curling team tried to throw the rock as
 close to the **button** as possible.

**COMMUNICATION**

**Noun**

**The exchange of information from one person or group to another.**


Gina's Cooperative Bobsled Driving team collected
 a lot of gold medals by focusing on
teamwork and **communication**.

**COMPOST**

**Noun**

**A mixture of food or other organic materials that will break down and transfer nutrients back into the soil.**


Mr. Wiles explained that the leftover food in the
 **compost** would someday fertilize
the community garden.

**CONTROL**

**Verb**

**To manage or regulate the movement
 or actions of something.**



During Olympic Village Clean-Up, Eliza
**controlled** the clean-up machine carefully so
Angelica wouldn't get hurt.

**COOPERATION**

**Noun**

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



Without **cooperation**, it will be difficult for our team
 to collect any gold medals.

**CURVED**

**Adjective**

**The state of being shaped in a continuously bending line,
 without angles.**



Nelson moved along a **curved** pathway in
order to complete a circle.

**DELIVERY (CURLING)**

**Noun**

**In curling, the action of throwing a stone to the other end of the playing surface.**



Cesar's **delivery** was spot-on; he pushed the rock right on top of the button.

**EIGHT-ENDER**

**Noun**

**In curling, a perfect end in which every one of a team's stones scores a point.**



Kirk and his team were very proud when their teamwork paid off and they scored an **eight-ender**.

**END (CURLING)**

**Noun**

**The segments a curling game is divided into; similar to innings in baseball.**



A game of curling is usually divided

 into eight or ten **ends**.

**EQUIPMENT**

**Noun**

**The set of tools, accessories, and**

 **objects used in a sport or activity.**



Jody was proud to help her teacher put all their **equipment** away at the end of every physical

 education class.

**FACT**

**Noun**

**Something that is absolutely true**

**and can be proven.**



If you exercise regularly, it will improve your fitness;

that's a **fact**.

**FORCE**

**Noun**

**Strength or power used on an object.**



The more **force** you use when you push the rock, the farther it will slide toward the house.

**FORWARD**

**Adverb**

**Moving toward the front.**



Glen ran **forward** to the wall in front of him as

 fast as he could.

**GENERAL SPACE**

**Noun**

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



When moving in **general space**, it's important to be aware of other people so you don't crash
 into one another.

**GUIDANCE**

**Noun**

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



The routine cards provide **guidance** about which
 Tabata exercises we should do to
 Train Like an Olympian.

**GUIDE**

**Verb**

**To provide a person or group with advice
 or information in order to help them
reach a goal, resolve a problem, or improve.**


Because he was the driver, Gerald **guided**his teammates as they pushed the bobsled
 through the activity area.

**HAMMER (CURLING)**

**Noun**

**In curling, the last rock**

**thrown in an end.**



It was a close game, so when Gayle threw the
**hammer** and it landed on the button,
her team was super excited!

**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.**



Training Like an Olympian with Tabata exercises is a great way to improve our **health-related fitness**.

**HOUSE (CURLING)**

**Noun**

**In curling, the four rings that form a bull's eye at
each end of a sheet of ice. It consists of the 12-foot ring, the 8-foot ring, the 4-foot ring, and the button.**



Even though it didn't land on the button, Bernadette
was proud that the rock she threw landed in the **house**.

**IDENTIFY**

**Verb**

**To establish who or what someone
or something is.**



Robin **identified** four exercises he could practice
 at home in his spare time.

**INDEPENDENT**

**Adjective**

**Free from outside control or lead.**



Mica was proud to be **independent** when he used the routine cards to complete the Train
 Like an Olympian exercises.

**JUMP**

**Verb**

**To push off of a surface and into the air using the power in your legs and feet.**



Brenna **jumped** farther than any of her classmates
during the Olympic Ski Jumping Combine.

**LAND**

**Verb**

**To reach the ground after jumping.**



Bend your knees when you **land** a jump in order to

 avoid making a loud noise or getting hurt.

**LEAD (CURLING)**

**Noun**

**In curling, the player who throws the
first two rocks of the end and then
sweeps the next six.**



The **lead** on Dierdre's curling team threw two great
shots to set them up for success.

**LEFT**

**Adjective**

**Related to the side that is to the west when you are facing north.**



Tyrell writes, bats, and throws with his **left** hand.

**LOCOMOTOR**

**Adjective**

**A type of movement used to get from place to place.**



Skipping and hopping are both examples
of **locomotor** movements.

**MUSCULAR ENDURANCE**

**Noun**

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



Because Brenna had worked so hard to develop her **muscular endurance**, she performed more push-ups than anyone else in the class.

**MUSCULAR STRENGTH**

**Noun**

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



Push-ups, squats, and other exercises will help you develop your **muscular strength**.

**OVERHAND**

**Adjective**

**Executed with the arm or hand above shoulder level.**



Lucy hit the target six times using an **overhand** throw during the Locomotor Biathlon.

**PATHWAY**

**Noun**

**A course or track along which a body or object moves as it travels through general space.**



Straight **pathways** are easier to navigate during Cooperative Bobsled Driving than curved or zig-zag pathways.

**PHYSICAL ACTIVITY**

**Noun**

**Any physical movement that uses the body’s energy.**

 **Physical activity** is an important part of
living a healthy lifestyle.

**POWER**

**Noun**

**The ability to produce maximum
force in the shortest time.**



Lorena used more **power** when she wanted to
 throw the rock really far.

**PUSH**

**Verb**

**To put pressure on an object in order
 to move it away.**


Annie, Sarah, and Bharat **pushed** the
clean-up machine around so Aaron could collect
 as much trash as possible.

**RECYCLE**

**Verb**

**An alternative to throwing something in the trash that allows it to be
re-used for a new purpose.**



Daphine was sure to always **recycle** her bottles and
 cans because she knew it was
better for the environment.

**RIGHT**

**Adjective**

**Related to the side that is to the east when you are facing north.**



If you turn to your **right**, you will be turning clockwise.

**RINK (CURLING)**

**Noun**

**1) A curling team.
2) The name of the space in which a curling game is played.**


In curling, there is a house at either end of the **rink**.

**ROCK (CURLING)**

**Noun**

**The granite object that a curler throws (delivers). Also called the stone, it usually weighs about 44 pounds.**



Katrina threw the **rock** down the length of the rink
so that it stopped as close to the button as possible.

**RUN**

**Verb**

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



Janine loves to **run** because it makes her
feel free and happy.

**SAFE**

**Adjective**

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



We must always use **safe** behaviors
 so that no one gets hurt.

**SAFETY CONCERNS**

**Noun**

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



It's important to remember all the **safety** concerns that arise during physical education class.

**SECOND (CURLING)**

**Noun**

**In curling, the player who throws the third and fourth stones of the end. S/he sweeps the first two stones and
 the last four.**



Caitlin liked to be the **second** because she got to
 sweep the rock two different times.

**SET**

**Noun**

**A distinct number or group
of exercise movements.**



Tabata workouts combine 20 seconds of vigorous
 activity with 10 seconds of rest in between each **set**.

**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.**



There are many opportunities in the Locomotor Biathlon
 to develop our **skill-related fitness**.

**SKIP**

**Verb**

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

 **Skipping** is like jogging, except you hop after
 you take every step.

**SKIP (CURLING)**

**Noun**

**The captain of a curling team and the person who throws the final two stones of an end. S/he makes strategy decisions, telling the other players where
 to throw the rock and when to sweep.**


Marianne knew that acting as her team's **skip** was a great responsibility.

**SPECIFIC**

**Adjective**

**Clearly defined or identified.**



In Tabata exercises, you do exercises for a **specific** amount of time and then rest for a **specific**
amount of time.

**SPRINT**

**Verb**

**To run as fast as you can.**



Candace **sprinted** toward the finish line

 at the end of the race.

**STRAIGHT**

**Adjective**

**Shaped in a way that is not curved or bent in any way.**



Moving in a **straight** line is the fastest way
 to get from one spot to another.

**SWEEP (CURLING)**

**Verb**

**In curling, the act of sweeping the ice in front of a moving rock in order to help it move farther and travel
 in a certain direction.**



Damion loved to watch the curling players
**sweep** the ice to help direct the rock.

**TABATA INTERVAL TRAINING**

**Noun**

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



**Tabata Interval Training** helps to make your heart
stronger by increasing your heart rate and then allowing it
to slow back down.

**TAKEOFF**

**Noun**

**The act of leaving the ground.**



A two-foot **takeoff** will help you jump farther
than you would if you jumped off of only one foot.

**TARGET**

**Noun**

**An object selected as the aim of
 attention or attack.**



Muhammad threw carefully and hit the
very center of the **target**.

**TEAMWORK**

**Noun**

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



The key to scoring an eight-ender in curling is
**teamwork**; without each other,
the players cannot succeed.

**THIRD (CURLING)**

**Noun**

**In curling, the player who throws the fifth and sixth stones of the end. S/he helps the Skip with strategy and posts the score at the conclusion of the end.**

**Also called the mate or the vice.**


Tanuj and Madelene were best friends, so they worked together well when she was the skip and he was the **third**.

**THROW**

**Verb**

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


Many sports require players to **throw** a ball or other object with as much accuracy as possible.

**UNDERHAND**

**Adjective**

**Executed with the arm or hand
below shoulder level.**



It is easier to throw something gently if
 you use an **underhand** throw.

**VIGOROUS**

**Adjective**

**Done with great force and energy.**

 **Vigorous** exercise helps your heart
become strong and healthy.

**WARM-UP**

**Noun**

**A series of moderate exercises done in
preparation for a more intense performance or
 bout of physical activity.**


Be sure to perform a **warm-up** before you begin a workout to help you avoid pulling any muscles.

**WASTE**

**Noun**

**Excess material that is
discarded and unused.**



Trash, recyclable materials, and compostable
materials are all types of **waste**.