**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**.