

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**.

