









#### 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.







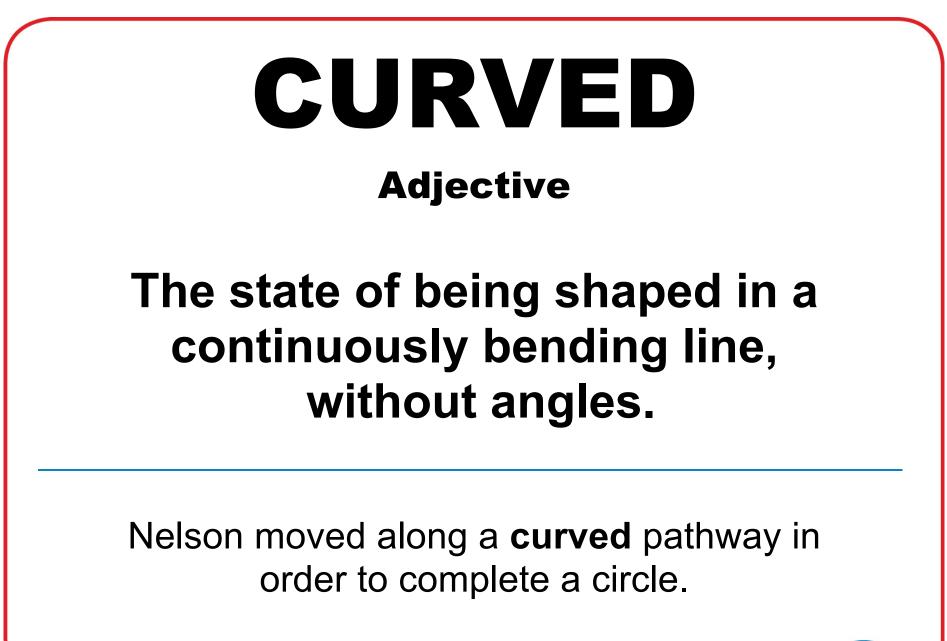








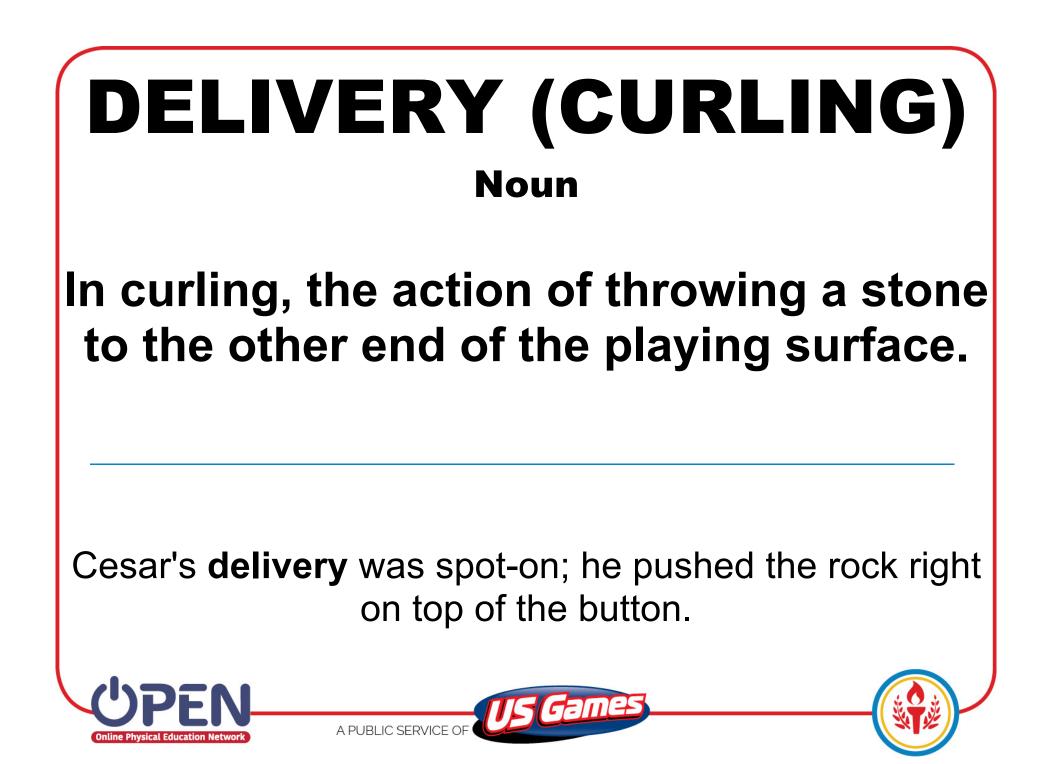


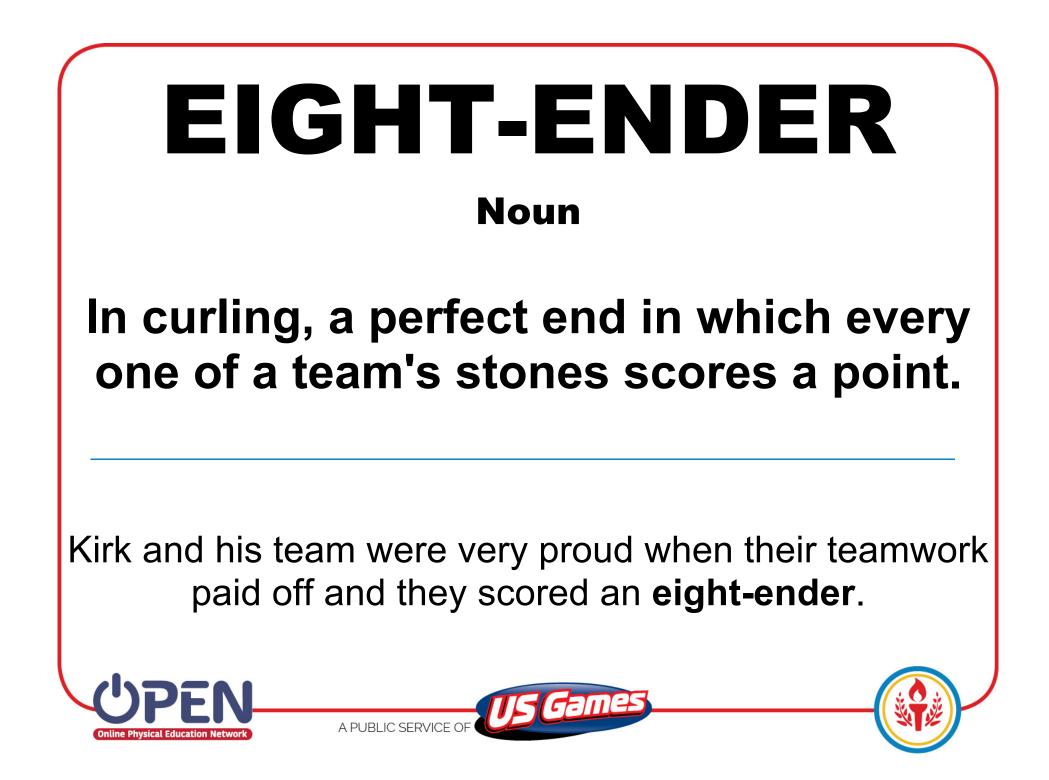














## The segments a curling game is divided into; similar to innings in baseball.

## A game of curling is usually divided into eight or ten **ends**.







### EQUIPMENT Noun

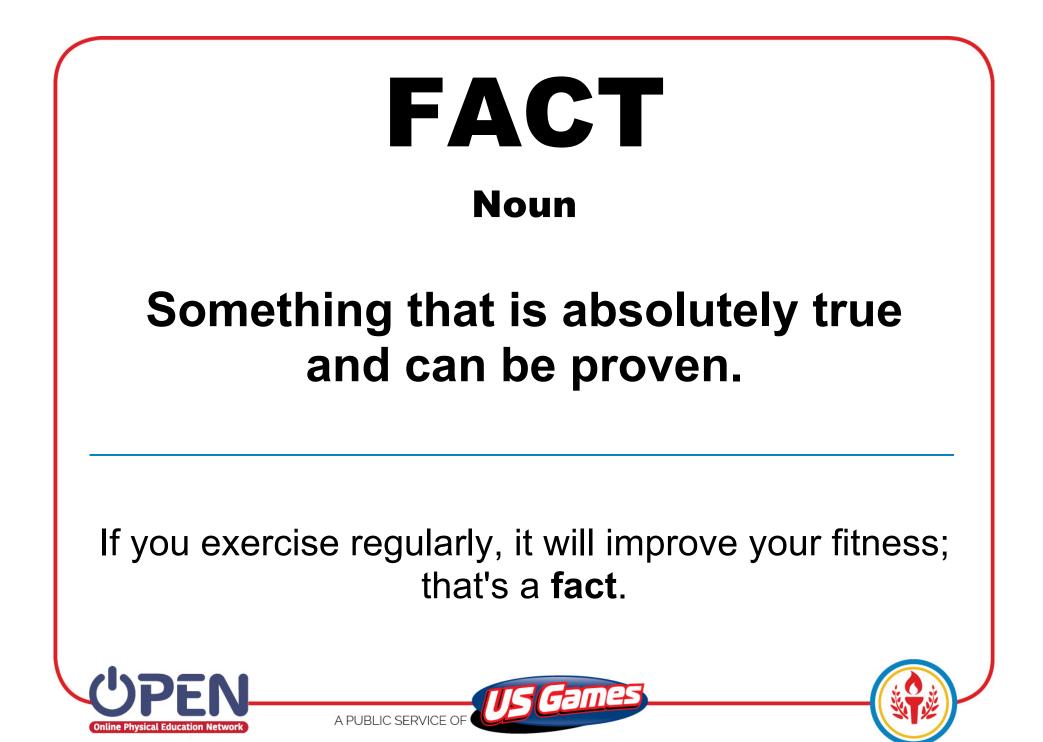
## The set of tools, accessories, and objects used in a sport or activity.

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

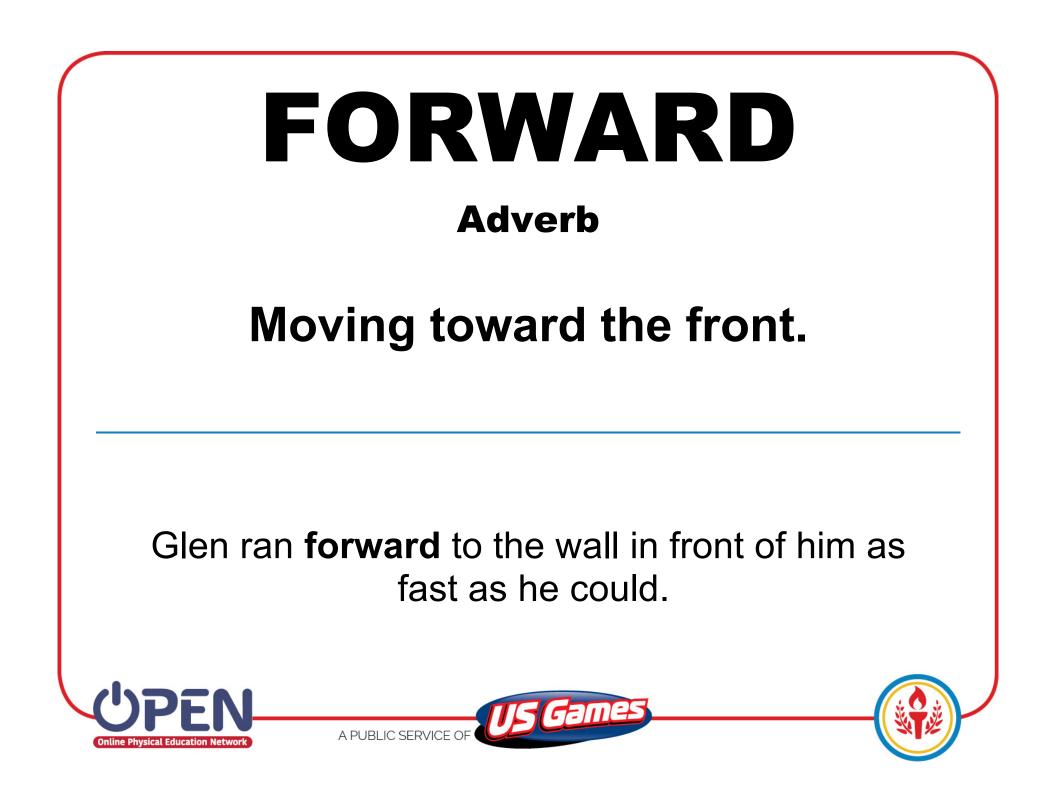








# FORCE Noun Strength or power used on an object. The more force you use when you push the rock, the farther it will slide toward the house. A PUBLIC SERV



## **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

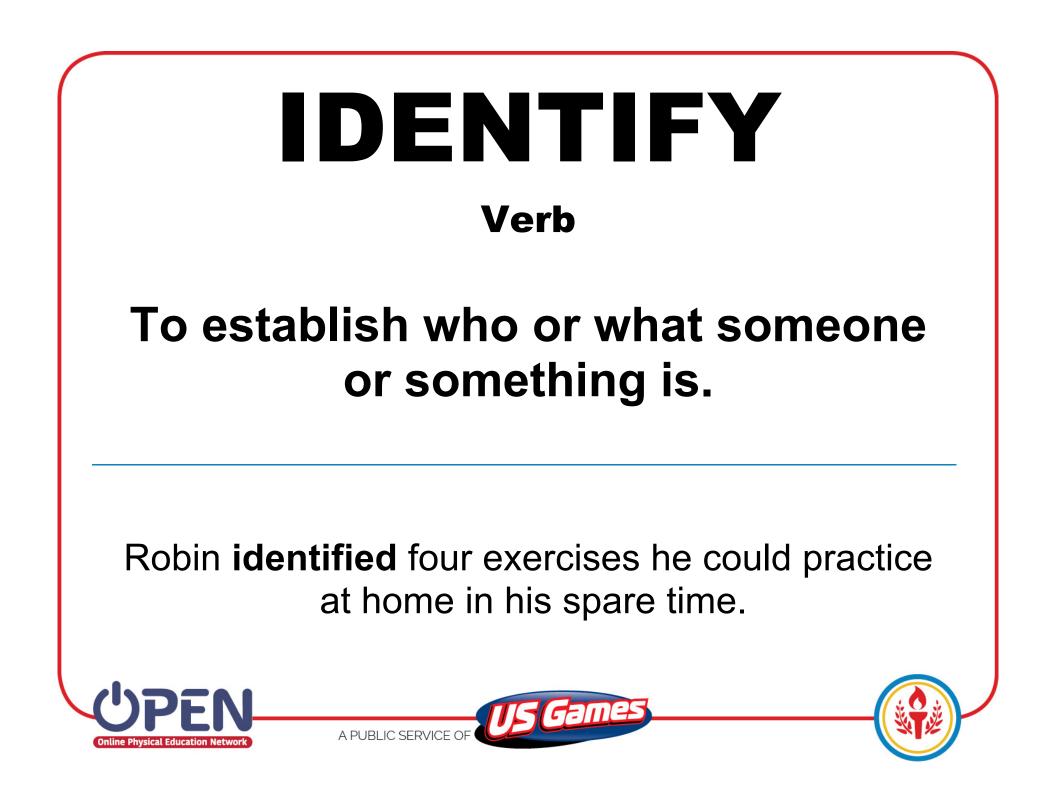
In curling, the four rings that form a bull's eye at each end of a sheet of ice. It consists of the 12-foot ring, the 8-foot ring, the 4-foot ring, and the button.

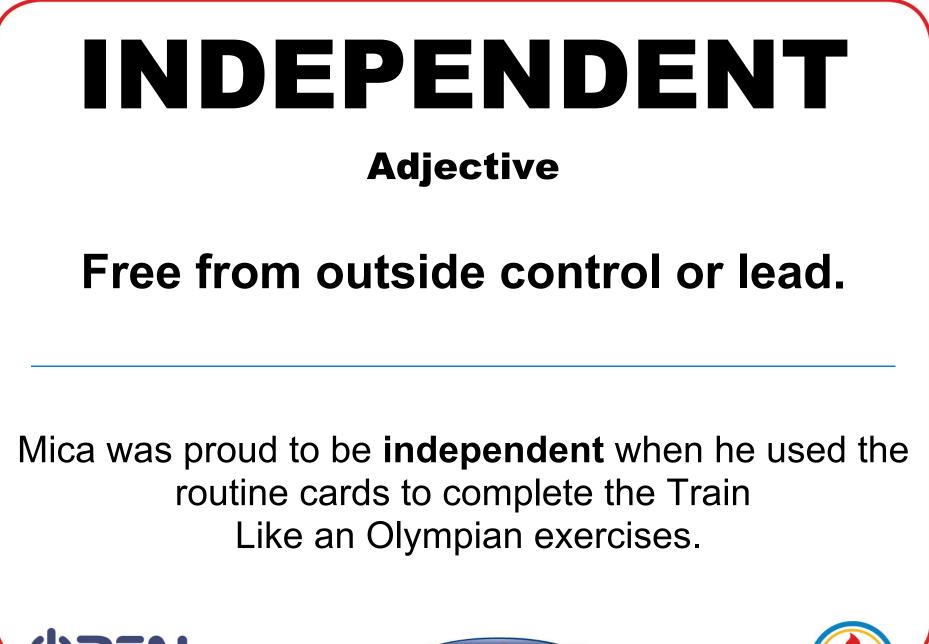
Even though it didn't land on the button, Bernadette was proud that the rock she threw landed in the **house**.

















#### 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.











# 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.









#### Adjective

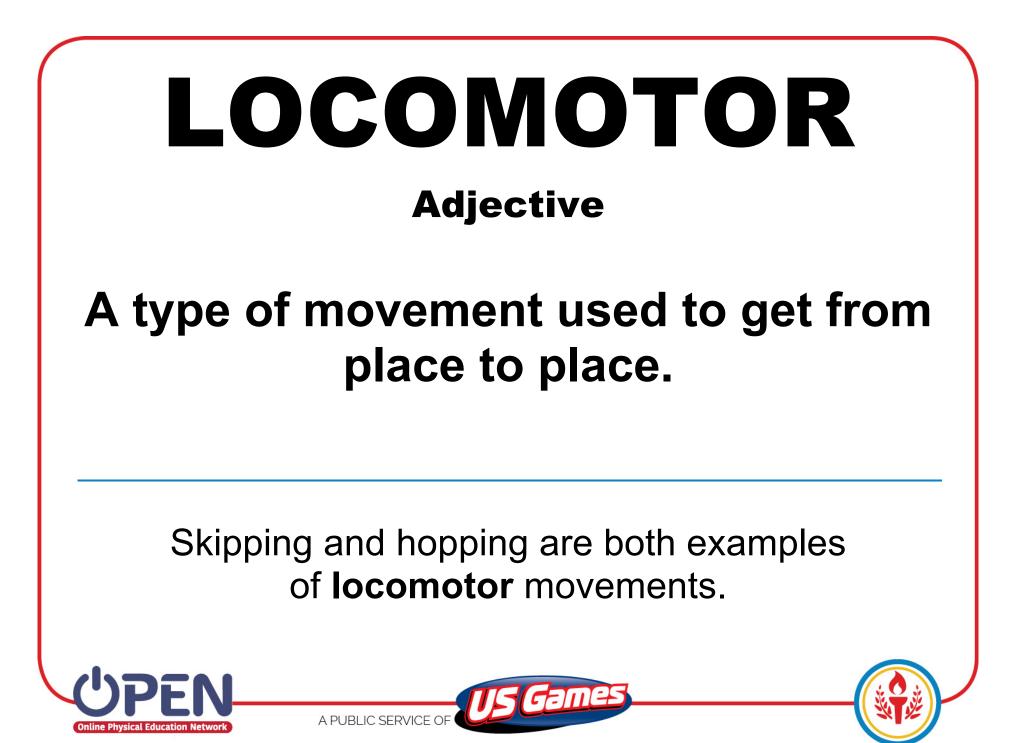
## Related to the side that is to the west when you are facing north.

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









#### 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

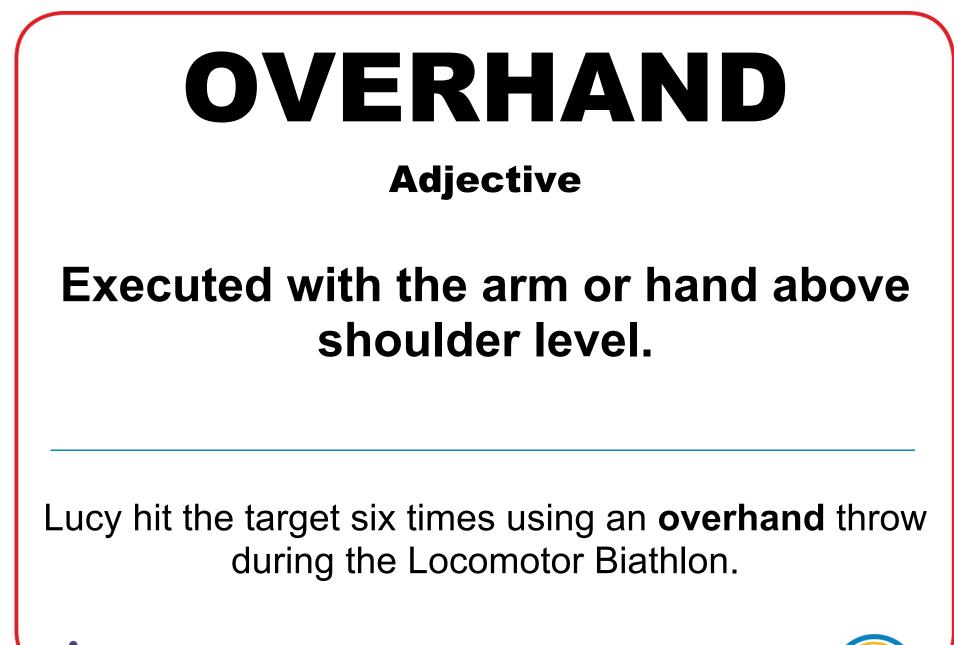
## The maximum amount of force a muscle can produce in a single effort.

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















### 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.





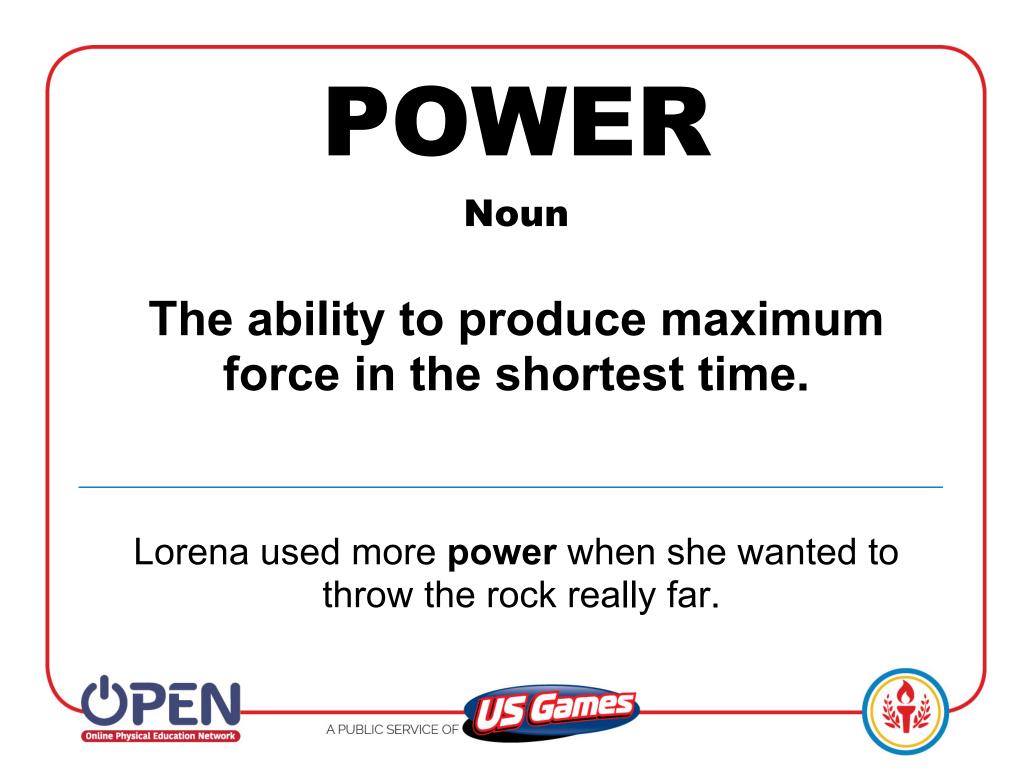


## **PHYSICAL ACTIVITY** Noun Any physical movement that uses the body's energy. Physical activity is an important part of living a healthy lifestyle.









#### 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

### A curling team. 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.















### 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

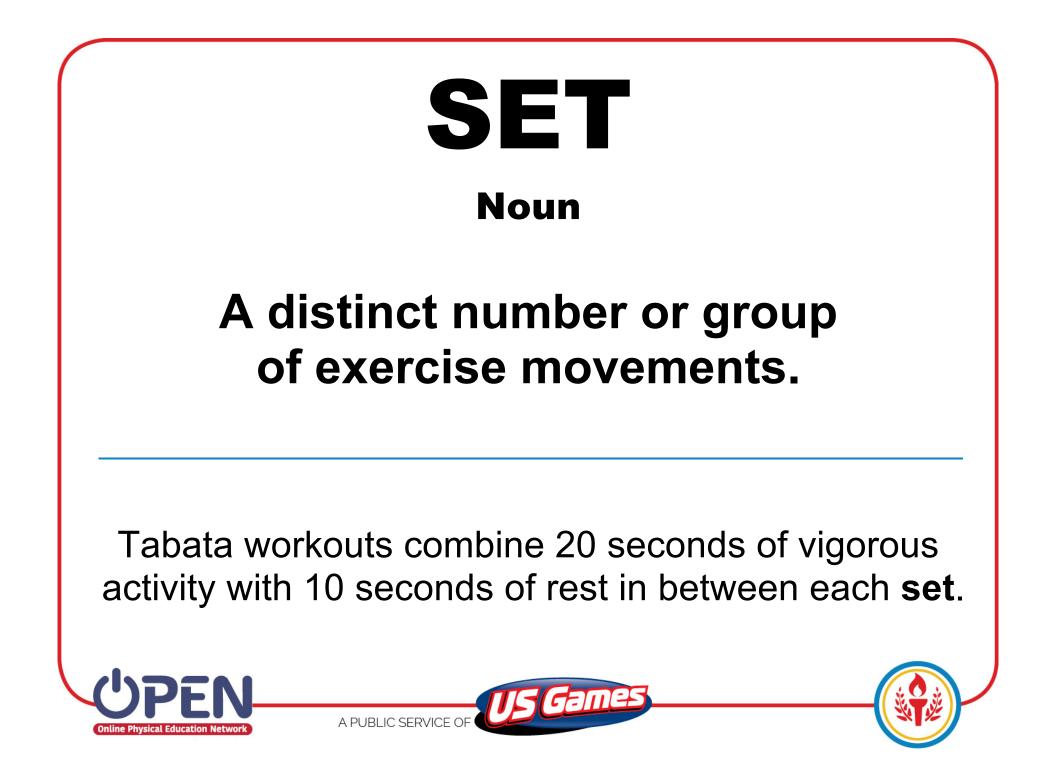
In curling, the player who throws the third and fourth stones of the end. S/he sweeps the first two stones and the last four.

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









# 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.

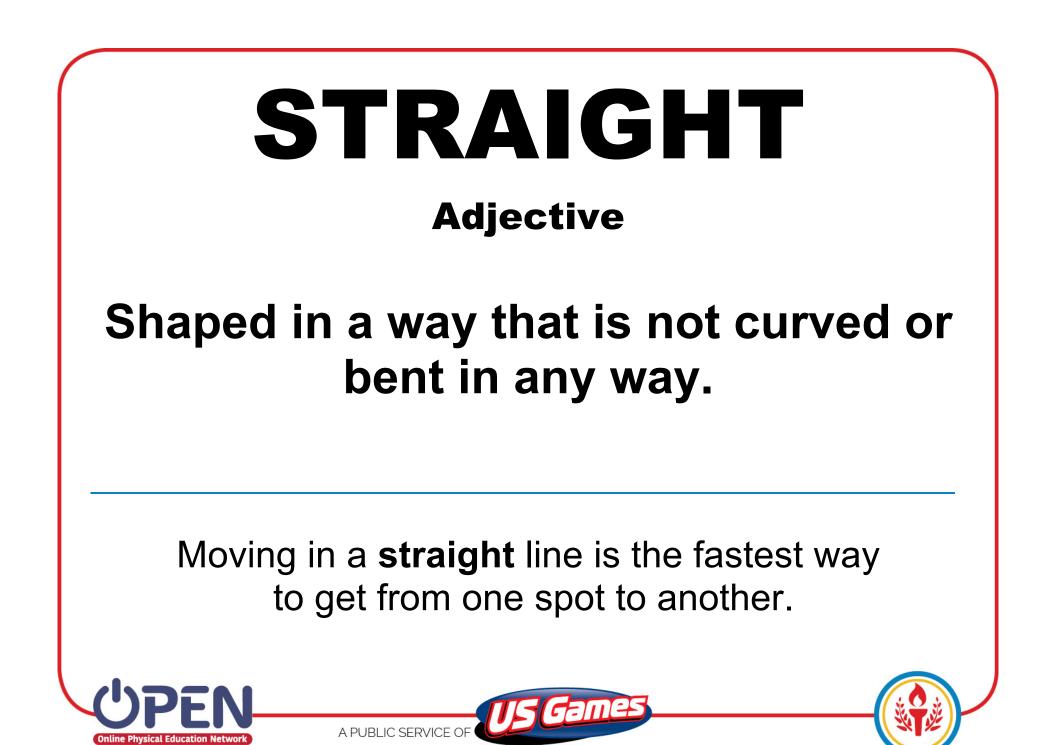






SPECIFIC Adjective
Clearly defined or identified.
In Tabata exercises, you do exercises for a <b>specific</b> amount of time and then rest for a <b>specific</b> amount of time.
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### SWEEP (CURLING) Verb

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.

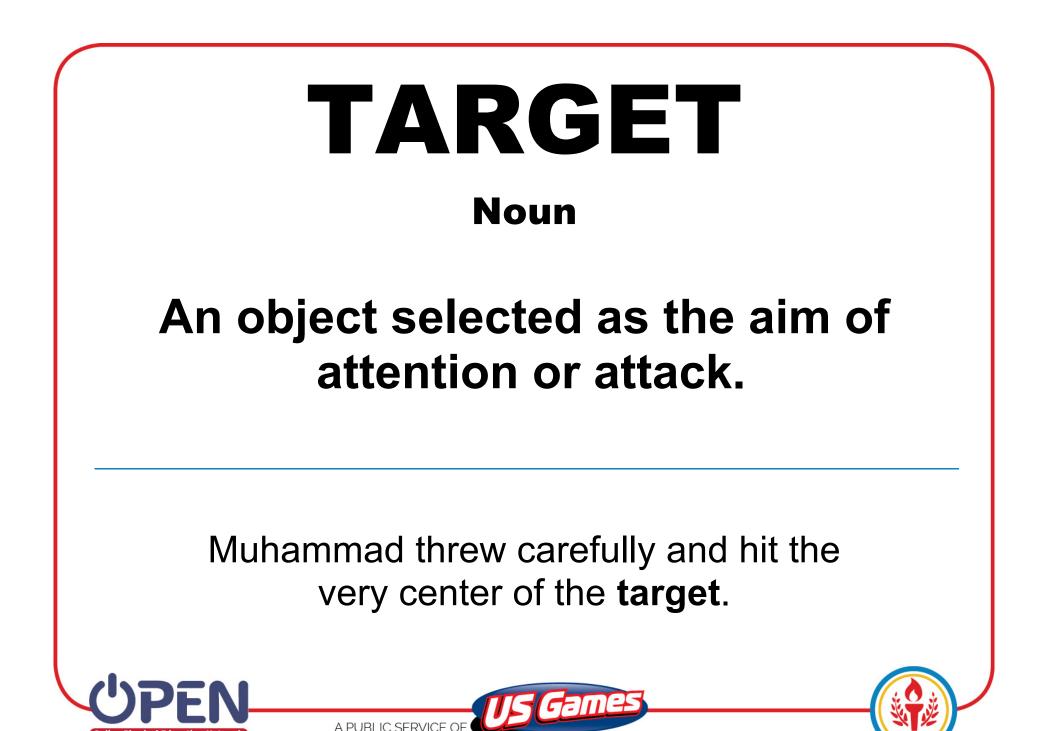
**Tabata Interval Training** helps to make your heart stronger by increasing your heart rate and then allowing it to slow back down.











### 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.









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.











### **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.







