**BALANCE**

**(noun)**

**An even distribution of weight that allows someone or something to stay upright and steady.**

Frank maintained his balance while

propelling himself through open space.

**BAY**

**(noun)**

**A part of the sea where the land curves inward.**

The San Francisco Bay is a famous landmark in the United States. The Golden Gate Bridge separates the San Francisco Bay from

the Pacific Ocean.

**COMPOST**

**(noun)**

**A mixture of food or other organic material 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.

**CONSERVATION**

**(noun)**

**Preservation, protection, or restoration of something, particularly the natural environment and wildlife.**

Conservation efforts are what protect

much of our natural environment.

**ESTUARY**

**(noun)**

**A partially enclosed area of**

**water where fresh water from rivers**

**and streams mixes with salt water**

**from the ocean.**

The Chesapeake Bay is the largest estuary in the United States. It is located where the Susquehanna River meets the Atlantic Ocean.

**EXPLORATION**

**(noun)**

**The act of moving through unfamiliar territory in order to learn about it.**

Kevin and Michelle decided to conduct an exploration of the estuary to learn more about it.

**IMPACT**

**(noun)**

**The effect or influence of a person, thing, or action on another person, thing, or action.**

A small action of kindness can make a

big impact for those around them.

**MUSCULAR ENDURANCE**

**(noun)**

**The ability of a muscle to**

**continue to perform without fatigue.**

Keira showed the teacher her muscular endurance by shaking the parachute for 3 minutes without stopping.

**MUSCULAR STRENGTH**

**(noun)**

**The maximum amount of**

**force a muscle can produce**

**in a single effort.**

Orion used his muscular strength to

throw the ball as hard as he could.

**NATURAL RESOURCES**

**(noun)**

**Materials or substances that occur in nature and are useful to humans.**

The clean water of an estuary is a natural resource because it is essential to the well-being and survival of the people, animals, and plants who live near it.

**OPEN SPACE**

**(noun)**

**An area of general space**

**with no obstacles where people or objects can move freely.**

Max saw an area of open space into

which he could safely run.

**PERSONAL SPACE**

**(noun)**

**The area around a person in which**

**they feel comfortable but would**

**become uncomfortable if someone**

**or something enters.**

It’s important to respect everyone’s personal space in physical education class so that we can all learn without feeling uncomfortable.

**PLASTIC**

**(noun)**

**A synthetic material made from organic polymers of high molecular weight that can be easily shaped or molded.**

Johnny removed plastic from the bay because he knows it is bad for the environment.

**POLLUTION**

**(noun)**

**The presence of contaminants in the environment that have harmful or poisonous effects.**

Leaving trash in the bay causes

pollution to the earth.

**RECYCLE**

**(verb)**

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

Bottles and cans can be brought to local redemption centers to be recycled.

**REDUCE**

**(verb)**

**To bring down to a smaller extent, size, amount, number, intensity, or other form of measurement.**

Avoiding disposable plates, napkins, cups, and eating utensils is a great way to reduce paper and plastic waste.

**REUSE**

**(verb)**

**To use again or more than once.**

Devon outgrew most of his clothes and shoes from last year, so he brought them to the thrift shop so someone can reuse them.

**SAFETY**

**(noun)**

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

During physical education class, John

follows all rules related to safety so

that no one will get hurt.

**TRASH**

**(noun)**

**Discarded matter after use.**

Jonah worked hard to collect all the trash and dispose of it in the proper waste container.

**WEIGHT TRANSFER**

**(noun)**

**A change in the center of gravity beyond its base of support in order to create movement or generate force.**

Denise used a weight transfer to propel herself on the scooter in different directions.