

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.

