

ACCEPT

(Verb)

To receive favorably or with approval.
To welcome.

Jessica was happy that the team came to accept her even though she had never played basketball before.



ACCURATE

(Adjective)

Successful in reaching an intended target.

Kymm threw an accurate pass
right into Ellen's hands.



ACTIVELY ENGAGE

(Verb)

To participate in an activity while showing genuine interest and a desire for excellence.

Caroline actively engages in physical education class because she likes the games and wants to improve her skills.



APPROPRIATE

(Adjective)

Correct or right for a given situation or setting.

Listening to the teacher's instruction is appropriate for all students in physical education class.



BALANCE

(Noun)

The ability to adjust the distribution of weight in order to remain upright and steady.

A low base of support helps you keep your balance while playing defense.



BALL HANDLING

(Noun)

A skill associated with invasion games (basketball, soccer) which allows a player to travel, pass, and shoot effectively while avoiding defenders.

Harper displayed good ball handling when she dribbled through two defenders and made a perfect pass to Lily.



BOUNCE PASS

(Noun)

A type of pass used in basketball in which the ball is thrown at an angle off of the ground and bounces to a teammate.

Rachel threw a bounce pass to Faith in order to pass it under the arms of the defender.



CHALLENGE

(Noun)

Something that presents difficulty and requires effort to master or achieve.

My classmate was very fast, so it was a challenge to catch them before they got to the other side of the activity area.



CHEST PASS

(Noun)

A type of pass used in basketball in which the ball is thrown at chest level and is received at chest level.

Kayden threw a quick chest pass to James, who was open for a clear shot at the basket.



COMBINE

(Verb)

To unite; join together.

Rasheed was able to combine dribbling and running toward the basket in order to make a fast move past the defender.



COMPLIMENT

(Noun)

A polite expression of praise or admiration.

Coach Hart gave Caleb a compliment when he told him that his jump shot had really improved.



CONTROL

(Verb)

To manage or regulate the movement or actions of something.

Kira was able to control the ball by throwing it carefully into the air.



COOPERATE

(Verb)

To act with others toward the same end or purpose.

The team cooperated during the game and scored multiple times.



CRITICAL CUES

(Noun)

Words or phrases that help you remember the individual parts of a skill that are important to successful performance.

Luke used critical cues to help him perform all of the elements of a bounce pass correctly.



DRIBBLE

(Verb)

Maneuvering a ball under the control of a single player. Soccer requires foot dribbling. Basketball requires hand dribbling. Floor hockey requires stick dribbling.

Dribble the ball as fast as you can in order to beat defenders down the court.



DYNAMIC

(Adjective)

Something that is constantly changing or moving.

Kendra knew that dribbling was a dynamic skill because while someone dribbles, the ball continuously moves.



EFFORT

(Noun)

The amount of determination or exertion used to accomplish a goal.

If you put a lot of effort into practicing your spikes, you will definitely improve.



ENJOYMENT

(Noun)

A positive feeling caused by doing or experiencing something you like.

Kecia felt enjoyment in physical education because she was able to play active games with her friends.



ETIQUETTE

(Noun)

The set of customary or acceptable behaviors among members of a group or in a specific setting.

John followed class etiquette in physical education class by taking turns with equipment and listening respectfully to the ideas of others.



EXPRESS

(Verb)

To convey a thought or feeling in words or by gestures and conduct.

Franklin expressed his happiness and excitement by smiling and giving Justin a high-5.



FINGER PAD

(Noun)

The fleshy underside of the end of the finger.

Anthony controlled the ball with his finger pads when he dribbled.



FOLLOW-THROUGH

(Verb)

To continue moving after an object has been kicked, struck, or thrown.

Follow through during your throws, and they will go a lot farther down the field.



GROWTH MINDSET

(Noun)

Defined by psychologist Carol Dweck as a belief that abilities can be developed through dedication and hard work; raw talent and common knowledge are just starting points.

Elyse has a growth mindset. She understands that making mistakes when she practices will help her learn correct form and technique as long as she tries her hardest.



HEART RATE

(Noun)

The speed at which the heart is beating, measured in beats per minute.

Julia's heart rate got faster during a game of Color Dash.



INDEPENDENT

(Adjective)

Free from outside control or lead.

Vera's team was independent during the group activity and played appropriately without any teacher reminders.



JUMP SHOT

(Noun)

A shot made while jumping straight up and down.

Elizabeth made more jump shots than anyone else on her basketball team.



LAY-UP

(Noun)

A one-handed shot made from near the basket, which bounces off the backboard.

The team focused on using the backboard when taking lay-ups.



LEADING PASS

(Noun)

A pass that is made just ahead of a cutting player, giving the receiving player the ability to continue movement while catching the pass.

Jake threw a leading pass to Erin just as she cut into open space.



LOCOMOTOR MOVEMENT

(Noun)

The basic ways to move your body through space.

Galloping and skipping are my favorite locomotor movements.



MATURE PATTERN

(Noun)

The accurate performance of any skill during which all critical components are present.

Lucy can shoot a jump shot with a mature skill pattern.



MIRROR

(Verb)

To match or imitate the movement of another person or object.

Faith mirrored Katrina's movements perfectly while they practiced their Skillastics® Task Cards.



OVERCOME

(Verb)

To succeed in dealing with a problem or challenge.

It took Andi two P.E. lessons to finally overcome his difficulty with basic plate spinning challenges.



PASS

(Verb)

To move an object from one space to another.

The offense did a good job of passing the ball so everyone on the team had a chance to participate.



PEER

(Noun)

A person of the same age, group, or ability as another specified person or group.

When Fred and Tom talk about how to work together during the game, it is peer-to-peer conversation because they're both on the same team.



PERFORMANCE

(Noun)

The process of carrying out an action, task, or function.

Lily's lay-up performance was a perfect example of how to follow critical cues.



PERSONAL BEHAVIOR

(Noun)

The actions and lifestyle choices made by individuals as a reflection of values and beliefs.

Andi's personal behavior in class demonstrated her belief in the importance of learning and participating.



PERSONAL GOAL

(Noun)

A clear objective that can be achieved in an effort to improve oneself.

Caitlin's personal goal was to pass the physical fitness test required to become a referee.



PRAISE

(Verb)

To express approval or appreciation for someone or something.

Ms. Osborne praised the students by giving each of them an awesome fist-bump after they put the equipment back where it belonged.



PURPOSEFUL PRACTICE

(Noun)

Structured and focused activity designed to improve skill and performance through challenging tasks that provide feedback through trial, error, adjustment, and success.

Cosley used purposeful practice when she was trying to improve her athletic skill.





SAFE

(Adjective)

Protected against physical, social,
and emotional harm.

The physical education classroom is a
place where students feel safe enough to
take risks and try new activities.



STEP-SLIDE

(Verb)

Sideward movement with one foot leading in the direction of the movement and the other foot following in a step-together pattern. Feet do not cross.

The students had to step-slide as they passed the ball back and forth down the basketball court.



THEORY

(Noun)

A clear set or system of ideas intended to explain something.

Phillip explained to the class his theory about why personal effort helps you learn.

