

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 basketball and wants to improve her skills.



BASKETBALL

(noun)

A game played between two teams of five players in which goals are scored by throwing a ball through a netted hoop fixed above each end of the court.

Preston's favorite sport was **basketball**. He loves the fast pace and dynamic play.



CHALLENGE

(noun)

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

My teammate was very fast, so it was a **challenge** to catch her before she got to the other side of the court.



CONTROL

(verb)

To manage or regulate the movement or actions of something.

Kira was able to **control** the ball by carefully shooting free throws during critical moments of the game.



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 layup correctly.



CULTURE

(noun)

The behaviors, customs, arts, and beliefs that are characteristic of a particular social, ethnic, or age group.

Basketball is a big part of American **culture** throughout the United States, in urban, suburban and rural areas alike.



CUT

(verb)

An offensive movement in which a player without the ball moves into open space using a sharp and quick movement.

Halsey **cut** into open space in order to get open to receive a pass.



DEFENSE

(noun)

The team or players in a game or sport who are trying to steal away possession of the ball and stop their opponent from scoring a goal or point.

The **defense** used a zone to cover as much space as possible.



DEFENSIVE READY POSITION

(noun)

A stance that allows a defender to quickly move in any direction in order to create a disadvantage for the offense. The defender's weight is on the balls of the feet, arms are extended with palms up, and eyes are on the midsection of the offensive player.

Malone stood in **defensive ready position** because he knew that Ava could receive a pass and attempt to score at any moment.



DOMINANT HAND

(noun)

The hand that a person prefers to use for manipulative and fine-motor skills.

Calvin uses his right hand to shoot a layup because that is his **dominant hand**.



DRIBBLE

(verb)

To maneuver 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.



DROP STEP

(noun)

An athletic movement in which a player pivots backward into open space.

TJ practiced his **drop step** until he could perform it perfectly.



ENCOURAGEMENT

(noun)

Support, confidence, or hope offered by someone or some event.

The friends gave each other constant **encouragement** in order to help each other build self-confidence during the most difficult parts of the basketball game.



ETIQUETTE

(noun)

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

Kurt practiced good **etiquette** in physical education class because he wanted to help create an environment that would help his classmates learn.



EVADE

(verb)

To escape or avoid a person or thing.

While playing offense, Damian slipped away and **evaded** the defender to complete his layup.



FAKE

(noun)

A tactic used by an offensive player in which the player pretends to do cut, pass, or shoot in order to deceive an opponent.

Marie **faked** a movement to the right but then ran to the left in order to avoid her defender.



FOLLOW THROUGH

(verb)

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

Follow through during your free throws so that your form is consistent and repetitive.



FOUL

(noun)

An unfair or invalid piece of play.

The referee called a **foul** when Barry hit Sara's hand during her shot.



GIVE AND GO

(noun)

A movement in which a player passes to a teammate and immediately cuts toward the net or goal in order to receive a return pass.

John performed a **give and go** with Brandon in order to get into position for a shot inside the lane.



GRATITUDE

(noun)

The quality of being thankful; readiness to show appreciation for and to return kindness.

At the end of the game, we showed **gratitude** toward the coach for leading us to the championship by showering him with sport drink.



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.

Luke has a **growth mindset**. He understands that correcting the mistakes he made during practice will help him to improve his form and technique.



IMPROVE

(verb)

To achieve a higher standard or quality;
to make or become better.

Amanda practiced free throw shots so often that
she **improved** greatly.



INTENSITY

(noun)

The amount of exertion used when performing an exercise or activity.

Every day, we should get a least 60 minutes of physical activity that is at a moderate to vigorous **intensity**.



JAB STEP

(noun)

A strategic offensive movement in which an offensive player takes a short, quick, and hard step toward a defender in an effort to move the defender back and create space in between the two players.

Brian performed a **jab step** in order to get Margaret to step backward.



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.

Leading passes help to keep the play moving forward and allow the player to progress down the court to the hoop.



LEARNING ENVIRONMENT

(noun)

Any physical location where students gain knowledge or skill.

If we all try our best, respect each other, and play by the rules, physical education class will be a great **learning environment**.



MVPA

(adjective)

Moderate to vigorous physical activity. A range describing the level of activity with an intensity between medium and high that is shown to be beneficial to a person's health-related fitness.

Basketball is an **MVPA** activity because it keeps your heart rate up for almost the whole time.



NON-DOMINANT HAND

(adjective)

The hand or foot that a person does not prefer to use for manipulative or fine-motor skills.

Ellen's shot wasn't as strong as usual because she was forced to use her **non-dominant hand**.



OFFENSE

(noun)

The team or players in a game or sport who are attempting to score or move the ball forward.

The **offense** needed to score one more time in order to win the game.



OPEN SPACE

(noun)

An area of general space with no obstacles where people or objects can move freely.

Karen knew that she could receive a pass more easily if she moved into **open space**.



PASS

(verb)

To move an object from one space to another.

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



PASS-READY POSITION

(verb)

A ready position in which an offensive player is showing hands to a teammate with the ball as an indication she or he is ready to receive a pass.

DeAndre was in a **pass-ready position** with his hands up, ready to receive the ball from his teammate.



PASSING LANE

(noun)

The open space through which a ball can travel from passer to receiver.

Anthony threw the ball to Alex and hoped that a defender wouldn't step into the **passing lane** to deny it.



PATHWAY

(noun)

A course or track along which a body or object moves as it travels through general space.

In a game of basketball, Marcus knows that he must vary the **pathways** he uses to travel in order to evade the defenders.



PERSEVERANCE

(noun)

Continued effort to do or achieve something despite difficulties, failure, or opposition.

Kendra's team was losing by 12 points, but their **perseverance** helped them score 14 unanswered points and get back in the game.



PIVOT

(verb)

To keep one foot in place while moving the other foot one step in any direction.

Colleen **pivoted** around while she looked for an open teammate who could receive a pass.



POSITIVE LANGUAGE

(noun)

A method of verbal communication that uses an optimistic tone and focuses on what is good or can be improved in a given situation, task, or environment.

Jose used **positive language** during intramural basketball games because he loved having fun and being active with his friends, and he wanted them to have fun too.



RECEIVE

(verb)

To have someone successfully pass something to you.

Phoebe prepared to **receive** the inbound pass from her teammate before the game clock started ticking down.



RECOVER

(verb)

To find or regain possession of something that was stolen or lost.

The defender **recovered** the ball from the offense by jumping into the passing lane.



REDUCE SPACE

(verb)

To make smaller or lesser in amount, degree, or size.

The defensive team **reduced space** inside the key in order to make it difficult for the offense to take shots from inside the paint.



RESPECT

(noun)

A feeling of deep admiration for someone or something due to their abilities, qualities, or achievements.

Andy has a lot of **respect** for the way Sid practices every day.



RESOURCE

(noun)

An item or strategy that can be used to achieve a goal.

Kenny had to use all of his **resources** in order to successfully defend against the dominant offensive player.



SELF-IMPROVEMENT

(noun)

The betterment of your own knowledge, status, or character.

Kennedy developed a plan for **self-improvement** to help increase her accuracy when shooting three-point shots.



SELF-MANAGEMENT

(noun)

Control over yourself that allows you to take responsibility for your own actions and well-being.

Bodie created a plan for **self-management** so that he would receive fewer penalties during a game.



SELF-TALK

(noun)

Talking to yourself, either aloud or silently.

Meek uses positive **self-talk** to help him feel more confident while shooting free throws.



SHOOT

(verb)

To send a ball or object toward a goal or target in order to score a point.

Shoot the ball when you get past your defender.



SHOOTING RANGE

(noun)

An area around the basketball goal in which a player has the best chance of making a shot based on skill level and physical development.

LeBron was practicing shots inside of the 3-point line because that area is within his **shooting range**.



SKILL

(noun)

An ability specific to a task.

Victor was able to learn a few new **skills** because he practiced and worked hard.



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.

Quentin decided to **slide** to the left in order to move into open space.



SOCIAL DYNAMICS

(noun)

Group relationships formed through individual and group-level interactions and formed through the behaviors and attitudes of all group members.

The **social dynamics** of physical education class can have an important impact on overall enjoyment and learning.



SOCIAL INTERACTION

(noun)

What happens when two or more people talk or exchange nonverbal cues.

The **social interactions** of the team were positive and constructive, which allowed all members to contribute to the group's success.



SUPPORT

(verb)

To give help, assistance, and encouragement to someone or something.

If we all **support** one another, everyone will have fun and improve together.



TACTIC

(noun)

An action or strategy that helps in achieving a specific goal.

The team needs both offensive and defensive **tactics** in order to win a game.



TRANSITION

(noun)

The process or a period of changing.

A good player can quickly **transition** from offense to defense at a moment's notice.



TRASH TALK

(noun)

Insults intended to demoralize, intimidate, or humiliate someone, especially an opponent.

Trash talk is not appropriate during physical education class or sporting events.



TRAVEL

(verb)

To control and walk/run (but not dribble) a live basketball inbounds. This is an illegal movement.

Javon was charged with **traveling** when he changed his pivot foot while attempting to pass the ball.



TRIPLE THREAT

(noun)

A position that allows a player to be ready to either shoot, pass, or dribble. It involves spreading the feet shoulder-width apart, slightly bending the knees, and being ready to shoot at any time.

Alyssa's **triple threat** position gave her a lot of options about what she could choose to do next.



V-CUT

(adjective)

A play in basketball in which the offensive player cuts inside the three point line, plants their foot, and then explodes out to receive the ball.

Organe can execute a **v-cut** with perfection and make a three point shot during key moments of the game.



VIOLATION

(noun)

An infringement of the rules in sports that is less serious than a foul and usually involves technicalities of play.

Marshmello had a **violation** called on him by the referee after he committed an offensive foul.

