**Words to understand and use.**

**ENCOURAGEMENT** /noun/A feeling of support, confidence, or hope.

*The encouragement Ami felt came from positive words her friends were saying.*

**ENJOY** /verb/ To have a fun time.

*We enjoy physical activity.*

**ENTHUSIASM** /noun/ An important feeling you get when you’re excited about a goal and are motivated to work toward that goal.

*Mr. Walker is enthusiastic about being the best teacher he can be.*

**HEALTH** /noun/ Free from sickness and injury. Feeling physical, mental, and social well-being.

*Being physically active every day helps to protect our health.*

**HEALTH-RELATED FITNESS** /noun/A set of 5 characteristics that contribute to a person’s overall well-being. Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

*I’m active every day with a focus on my health-related fitness.*

*MORE 🡪*

**Words to understand and use.**

**PERSONAL BEHAVIOR** /noun/ The actions of an individual person.

*Ms. Wilder taught us to take responsibility for our personal behavior.*

**PERSONAL SPACE** /noun/ The area around a person where they feel safe. It feels uncomfortable when someone enters this space.

*To keep everyone safe, we must respect at least 6 feet of personal space.*

**RESOURCE** /noun/ The supplies, opportunities, and support that a person can use in order to do a job or live productively.

*Kendra can go to a park near her house to walk with her family. It’s a great resource that she can use to be physically active.*

**RESPECT** /noun/ A feeling of honor for the feelings and rights of others.

*We have respect for the health of our classmates, so we wear our masks while we’re together.*

*MORE 🡪*

**Words to understand and use.**

**SKILL-RELATED FITNESS** /noun/A set of 6 characteristics that contribute to a person’s ability to successfully complete a physical performance. Agility, Balance, Coordination, Power, Reaction Time, and Speed.

*Improving skill-related fitness helps me participate in a variety of activities.*

**TRUST** /noun/ A good feeling you get when you can rely on someone or something.

*We trust that our teachers and classmates will behave in ways that help to keep everyone safe.*

**WELLNESS** /noun/ Good personal physical and mental health.

*Wellness is an important goal that Caleb’s family is working toward.*