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.
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.*