

BELIEVE IN YOU

PHYSICAL EDUCATION VOCAB

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.

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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.

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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.