

# *Loopy Laps*

## Physical Education Vocab

Important words for us to understand and use.

**BALANCE:** Upright and steady.

*Steffano was able to keep his balance while he stood on 1 foot.*

**COURAGE:** The ability to do what's right even though you feel fear.

*Corina showed **courage** on the first day of school. She came to class even though she felt nervous.*

**EMOTION:** A natural feeling that happens because of a specific situation or in a specific environment.

*Happiness is a good emotion that everyone wants to feel.*

**EXERCISE:** Physical activity that a person does specifically to improve health and fitness.

*Mr. Kline taught the students an **exercise** they could do at home to improve muscular strength.*

**HEALTH:** The state of being free from sickness or injury.

*Micha was in good **health** because he was physically active every day and always ate nutritious foods.*

**HEART:** The muscular organ that pumps blood through the body.

*Your heart is a muscle that gets stronger when you exercise.*

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**IMPROVE:** To become better.

*Johnna worked to improve his balance so he could easily stand on 1 foot.*

**INDEPENDENT:** The ability to think and act for yourself.

*The students were independent and could safely move without teacher reminders.*

**MOTIVATION:** A reason to do something. The desire to reach a goal.

*Jenna's motivation for wearing her mask was to keep her family healthy.*

**PURPOSE:** The reason for doing something.

*Izzi's purpose for being active after school was to have fun with her friends.*

**RELAX:** To become less anxious. To de-stress.

*Kendra used equal breathing is a way to help the body and mind relax.*

**SAFE:** Protected from danger.

*The students kept a safe physical distance during physical education class.*