

FITNESS ON THE MOVE

Physical Education Vocab

Important words for us to understand and use.

AEROBIC CAPACITY: The body's ability to take in, transport, and use oxygen during vigorous physical activity.

In order to improve her aerobic capacity, Fiona decided to train for a community 5K race.

BALANCE: Upright and steady.

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

BODY COMPOSITION: Measurement of the percentage of fat, muscle, water, and bone found in the human body.

Joe maintained his healthy body composition by staying active every day and eating healthily.

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.

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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.*

FITT Principle: The foundation of personal fitness planning. It stands for Frequency, Intensity, Time, Type.

*Boise used the **FITT Principle** to create his monthly fitness plan.*

FLEXIBILITY: The ability to bend and move the joints through the full range of motion.

Good flexibility can help you bend and reach safely during daily activity.

FREQUENCY: The rate at which is repeated over a particular period of time.

*The **frequency** of Jessica's muscular fitness exercise is 3 times per week.*

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.*

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HEALTH-RELATED FITNESS: A group of 5 physical characteristics that contribute to a person's overall well-being. The 5 components of Health-Related Fitness include Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

It's important to consider our health-related fitness when we're creating a physical activity routine.

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

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

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.

INTENSITY: The amount of effort 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**.*

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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.

MUSCULAR ENDURANCE: The ability of a muscle to continue to perform and do work without fatigue.

Keira showed the teacher her muscular endurance by holding plank position for 30 seconds without a rest.

MUSCULAR STRENGTH: The maximum amount of force a muscle can produce in a single effort.

Orion used his muscular strength to throw the ball as hard as he could.

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.

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SAFE: Protected from danger.

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

TIME: The duration or length of an exercise or physical activity session.

*Get 60-minutes of daily activity by including a **time** of 30-minutes in the morning and 30-minutes in the afternoon.*

TYPE: The activity category associated with a given exercise (e.g., muscular fitness strength training, cardio, etc.).

*In order to improve her 10K race time, Pika chose cardio workouts as the **type** of exercise to improve her endurance.*