

Bring PE to Your Family Week

PHYSICAL EDUCATION VOCABULARY

Important words for us to understand and use.

ENERGY BALANCE: The state when a person uses (burns) the same amount of energy (calories) that they consume in a day.

Energy balance helps us keep our bodies at a healthy weight.

ENJOYMENT: A positive feeling caused by doing or experiencing something you like.

We enjoy physical activity and it helps to protect our health.

MINDFULNESS: A feeling created when a person calmly focuses on the present moment and surroundings.

The class practices mindfulness as a way to relax and focus on learning.

OPTIMISM: A feeling of hopefulness and confidence about the future or the success of something.

The class has a lot of optimism that this school year will be fun and meaningful.

PHYSICAL ACTIVITY: Movement that uses the body's energy. Students should be physically active 60 minutes per day.

Physical education class teaches us why it's important to enjoy physical active every day.

PHYSICAL EDUCATION: A subject in school with a planned curriculum that teaching student to have the skill, confidence, and knowledge to be physically active for a lifetime.

Physical education helps us learn fun ways to be active every day and keep our bodies healthy.