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.*