

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 be 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.