

Fitness Fun

PHYSICAL EDUCATION VOCAB

Important words for us to understand and use.

BALANCE: All pieces and parts are equal and in correct proportions.

Candace ate a balanced meal with all 5 food groups on her plate.

ENERGY: The strength and endurance that a person has for physical and mental activity.

People get energy from the food that we eat.

FRUIT: One of the 5 food groups that includes sweet edible parts of trees and plants.

Fruit is a healthy food that gives our bodies energy, vitamins, minerals, and fiber to keep our bodies healthy.

FOOD GROUPS: Categories of foods that are similar in the way they grow and the nutrition they provide.

The 5 food groups include fruits, vegetables, grains, protein, and dairy.

HEALTH: Free from sickness & injury. Physical, mental, and social well-being.

Physical activity and nutritious foods help to protect our health.



Fitness Fun

PHYSICAL EDUCATION VOCAB

High Intensity Interval Training (HIIT): An exercise routine made up of bursts of intense physical activity with rest intervals in between.

The 6-minute HIIT routine is a great way to get short fitness breaks into a busy day.

IMPROVE: To make or become better.

If I'm feeling sick my family gives me oranges with vitamin C to improve the way I feel.

Personal Fitness: A person's overall state of physical well-being and ability to perform daily task and achieve physical performance goals.

As an active person, Ben's goal for his personal fitness is to improve his muscular fitness and his aerobic capacity.

PHYSICAL ACTIVITY: Any movement of the body that requires energy.

Caleb eats healthy food to give him energy for fun physical activity.

RECOGNIZE: To know something when you see it.

Sasha could recognize healthy foods at the grocery store.



Fitness Fun

PHYSICAL EDUCATION VOCAB

RESPONSIBLE: To act in a way that is trustworthy and good.

Benji was a responsible student because his teacher could trust that he would do his classwork and be helpful for others.

VEGETABLE: One of the 5 food groups that includes the nutritious, edible parts of plants.

Vegetables give our bodies energy, vitamins, minerals, and fiber to keep our bodies healthy and strong.

