SKILL-RELATED FITNESS

Physical Education Vocab

Important words for us to understand and use.

EMOTIONAL AGILITY: The ability to respond positively and optimistically in a variety of social and emotional situations and to regain optimism when negative events occur.

Senderi demonstrated emotional agility by being optimistic after breaking an arm.

EMOTIONAL BALANCE: The ability to keep emotions under control in unsteady social & emotional situations.

On the first day of class, Juan used High-5 breathing to help him stay relaxed.

EMOTIONAL COORDINATION: The ability to understand what another person is feeling and act in a way that’s helpful and supportive.

Mr. Johnson demonstrated emotional coordination when he helped Jonah feel better after his fish died.

EMOTIONAL POWER: The ability to apply the energy created from an emotional response (e.g., anger, sadness, frustration) in a positive and constructive way.

Sasha demonstrated emotional power by using her frustration from last night’s losing match to help her really focus in practice today.

EMOTIONAL REACTION TIME: The ability to quickly regulate an emotional response when faced with a variety of immediate social and emotional challenges.

Jon’s emotional reaction time allowed him to calm his nerves after all of the people in the bleachers started to boo.
**EMOTIONAL SPEED:** The ability to use personal enthusiasm to improve the emotional state of others.

*Izzi’s emotional speed helped her carry enthusiasm to her friends and family members.*

**ENJOY:** To have a fun time.

*We enjoy playing balance and activity games in physical education class.*

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

*Physical activity and nutritious foods help to protect our health.*

**IMPROVE:** To become better.

*Finn worked to improve his coordination so he could easily do perfect jumping jacks.*

**MOTIVATION:** A reason to do something. The desire to reach a goal.

*Olaf’s motivation for staying active with his family was the enjoyment he received from the fun they had together.*

**PHYSICAL AGILITY:** The ability to change body position and direction quickly and efficiently.

*Running the 100-meter hurdles is a great demonstration of agility.*

**PHYSICAL BALANCE:** The ability to adjust your body’s weight in order to remain upright and/or steady.

*Walking a tightrope is an extreme example of balance.*
PHYSICAL COORDINATION: The ability to move different parts of the body together for a purpose or task.

*Juggling is an example of physical coordination.*

PHYSICAL POWER: The ability to quickly produce maximum force.

Long jump and high jump require an athlete’s legs to create power.

PHYSICAL REACTION TIME: The ability to quickly and effectively respond to a stimulus through purposeful movement.

*Hitting a pitched baseball is one of the most extreme examples of reaction time found in sports.*

PHYSICAL SPEED: The ability to move the body quickly from one point to another.

*Bennie was able to run faster than anyone on the team because he had spent time learning and practicing how to improve his speed.*

RESPECT: A feeling of honor for the feelings and rights of others.

*We respect the health of our classmates, so we wear our masks while we’re together.*