

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.



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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.



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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.

