

BALANCE & COORDINATION

PHYSICAL EDUCATION VOCAB

Important words for us to understand and use.

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.

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

Caitlin used her arms to help her find her physical balance as she walked on the sidewalk lines.

PHYSICAL COORDINATION: The ability to move different parts of the body together for a purpose or task.

Jumping jacks help us improve physical coordination because we have to move our legs and arms at the same time.

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.

