**Important words for us to understand and use.**

**Challenge:** Something that presents difficulty and requires effort to master or achieve.

*The students enjoyed the* ***challenge*** *of the soccer drills they practiced in class.*

**Control:** To manage or regulate the movement or actions of something.

*Sammi worked to* ***control*** *her body and the ball as she dribbled through the cones.*

**Determination**: A strong feeling about the purpose of a goal that gives motivation for accomplishing that goal.

*Akinyi’s* ***determination*** *helped push her to practice and improve her dribbling skills.*

**Dribble**: Moving a ball under the control of a single player. Soccer requires foot dribbling. Basketball requires hand dribbling.

*Joshua’s ball control skill helped him* ***dribble*** *around defenders.*

**Enjoy:** Having positive feelings caused by doing or experiencing something you like.

*The class knew that they would* ***enjoy*** *the soccer activities that Ms. Williams had planned.*

**Focus**: To pay close attention to someone or something.

*It’s important to* ***focus*** *on good form when you’re practicing soccer skills.*

**Gratitude:** The quality of being thankful with the readiness and desire to show appreciation.

*Sophie decided to show her* ***gratitude*** *by writing a thank you note to her coach.*

**Grit:** Passion and perseverance for long-term goals.

*Akinyi’s* ***grit*** *helped push her to practice and improve her dribbling skills in order to become an outstanding soccer player.*

**Mindfulness**: An activity that relaxes the mind and purposefully brings awareness to the present moment.

*Andy walks in the park and watches the movement of the wind in the trees as a part of his* ***mindfulness*** *practice.*

**Pass:** To move an object from one space to another.

*The team moved the ball quickly down the field with each accurate* ***pass.***

**Physical Activity:** Any physical movement that uses the body’s energy.

*It’s important to make* ***physical activity*** *a part of your daily routine.*

**Practice:** To perform an activity or exercise repeatedly and/or regularly to improve or maintain skill.

*Becoming a skilled soccer player requires* ***practice*** *and determination.*

**Routine**: A set sequence of steps. A task that is repeated daily, weekly, or at some consistent interval.

*Iman practiced the same warm-up* ***routine*** *before every practice.*

**Self-Care:** Restorative activities that are done with the purpose of rejuvenation, wellbeing, and relaxation.

*Jacob practices mindfulness every morning as a part of his* ***self-care*** *routine.*

**Skill:** The ability to do something well.

*Eliana improved her soccer* ***skills*** *each time that she practiced.*

**Target**: An object selected as the aim of attention, a pass, or an attack.

*Obi was the* ***target*** *of Sandi’s pass.*