

SOCCER NATION

Physical Education Vocab

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.*

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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.*

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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.*