**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.*