

MINUTE TO WIN

Physical Education Vocab

Important words for us to understand and use.

Bravery: The ability to do your best, even when you're nervous or afraid.

*Kariann demonstrated **bravery** while she worked with her doctors and nurses to battle cancer.*

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.*

Focus: To give full attention to a task or goal.

*Gayatri was able to **focus** on the balloons so she could keep them floating in the air for 1 minute.*

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

*To prepare for field day, we **practiced** our standing long jump in PE class.*



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Strong: To stay positive during hard times and to stand up for others.

*Mason was **strong** during his cancer treatment and kept a positive attitude while his body fought the disease.*

Willpower: The ability to focus on what you want and then work to make it happen.

*Mack demonstrated **willpower** in order to inspire his family and friends while he battled cancer.*

