



# 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.*

**Courage:** The ability and willingness to overcome fear in order to accomplish a goal or complete a task.

*Cara's **courage** allowed her to pursue her career and personal goals despite incredible challenges.*

**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.*



# Spikeball™

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**Effort:** A determined attempt.

*Sila's continued effort allowed her to overcome her greatest challenge.*

**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.*

**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.*

**Hit:** To strike an object toward a specific target.

*There are several ways to **hit** a Spikeball to the net.*

**Pass:** To transfer something from one person to another or from one spot to another.

*Fiver's advanced ability to pass the Spikeball to his teammate gave him an advantage during game play.*





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**Passion:** The collection of your life experiences that give you the deepest sense of fulfillment.

*Noeline turned her **passion** into meaningful work that empowers young people to find their own passion.*

**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.*

**Serve:** To hit a ball or object in order to begin game play.

*Developing an accurate serve is important for any skilled Roundnet player.*

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

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

