

SQUARE COURT

Physical Education Vocab

Important words for us to understand and use.

Action Plan: A proposed strategy or course of action.

*Our family has an **action plan** in the event of a fire or natural disaster.*

Encouragement: To support, display confidence, or offer hope to someone.

*Jessie provided **encouragement** to TJ to finish the game strong, even though they were both feeling exhausted.*

Etiquette: A set of customary or acceptable behaviors among members of a group or in a specific setting.

*Bree demonstrated proper **etiquette** while playing 4-square by following the rules of play.*

Kindness: The quality of being generous, respectful, and affectionate while demonstrating a genuine concern for the well-being of others.

*People will remember how you make them feel and the **kindness** you display.*

Leader: A person who guides or influences others.

*Mary demonstrated that she was a good **leader** by sticking up for a classmate who was bullied.*

Perseverance: Determination in doing something despite difficulty.

***Perseverance** allowed Jacob to keep trying even when others began to quit.*

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Perspective: a particular attitude toward or way of regarding something.

*Tina's **perspective** was to see an opportunity in the challenge she faced.*

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

*Trinity knew that she could improve her skill if she continued to **practice**.*

Relationship: The way in which two or more people or things are connected.

*Sherri developed strong **relationships** because she respected her friends.*

Self-Confidence: a feeling of trust in one's abilities, qualities, and judgment.

*Despite only having one hand, Kevin had **self-confidence** allowing him to accomplish his goals.*

Spirit of the Game: An overarching concept that places the responsibility of fair play on each player. Respect, adherence to rules, and the joy of play are valued over competition.

*Players will need to demonstrate proper etiquette and respect in order to uphold the **spirit of the game**.*

Volley: To hit a ball or object up into the air repeatedly without catching it.

*Jackson and Jill were able to **volley** the ball for a total of 23 consecutively hits.*