

Balance

/Noun/

An even distribution of weight that allows someone or something to stay upright and steady.

Arya jumped and then landed on two feet in order to keep her balance and not fall down.

Clockwise

/Adverb/

Movement in the same direction as the way the hands of a clock move around.

Together, the group moved clockwise around the outside of the activity area.

Control

/Verb/

To manage or regulate the movement or actions of something.

Kira was able to control the scarf by throwing it carefully into the air.

Counter-Clockwise

/Adverb/

Movement in the direction opposite to the way that the hands of a clock move around.

The class moved the parachute counter-clockwise by walking around to their right.

Equipment

/Noun/

The set of tools, accessories, and objects used in a sport or activity.

Baz was proud to help their teacher put all their equipment away at the end of every physical education class.

Good Health

/Noun/

A state of being free from illness or injury.
Overall well-being.

Physical activity and healthy eating are both important to a person's good health.

Improve

/Verb/

To make or become better.

Evander improved his skills by listening to teacher feedback and practicing every day.

Jump

/Verb/

To push off of a surface and into the air using the power in your legs and feet.

Kamal jumped into the air when he stretched up to catch the ball.

Locomotor Skills

/Noun/

The basic ways to move your body through space.

Galloping and skipping are my favorite locomotor skills.

Physical Activity

/Noun/

Any physical movement that uses the body's energy.

Taking a walk with my family is a great physical activity and helps us stay healthy.

Positive

/Adjective/

Having constructive or optimistic characteristics.

My positive attitude is a choice that I make every day.

Practice

/Verb/

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

Victor knows it is important to practice to get better at a skill.

Respect

/Verb/

To appreciate someone or something as a result of their abilities, qualities, or achievements.

I respect my classmates because they come to class and work hard to improve.

Safe

/Adjective/

Protected against physical, social,
and emotional harm.

The students felt safe during field day activities
because their classmates were following all
rules and using positive language.

Self-Respect

/Noun/

A feeling that one is behaving with honor, dignity, and honesty.

Nia's self-respect increased when she realized that she was mentally stronger than she thought.

Share

/Verb/

To use, experience, or enjoy with others.

We need to share the beanbags with other teams so that everyone has equipment to play with.

Start/Stop Signal

/Noun/

A sound, command, word, or symbol that communicates the beginning and end of an activity or event.

Our teacher uses music as our class start/stop signal.