

# Balance

/Noun/

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

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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.

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

# Control

/Verb/

To manage or regulate the movement or actions of something.

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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.

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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.

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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.

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

# Improve

/Verb/

To make or become better.

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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.

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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.

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Galloping and skipping are my favorite locomotor skills.

# Physical Activity

/Noun/

Any physical movement that uses the body's energy.

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

# Positive

/Adjective/

Having constructive or optimistic characteristics.

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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.

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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.

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

# Safe

/Adjective/

Protected against physical, social,  
and emotional harm.

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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.

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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.

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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.

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