

# Aerobic Capacity

/Noun/

The body's ability to take in, transport, and use oxygen during vigorous physical activity.

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Arrow enjoyed fitness running as a way to improve his aerobic capacity.

# Body Composition

/Noun/

Measurement of the percentage of fat, muscle, water, and bone found in the human body.

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Physical activity and nutrition both play a part in a person's body composition.

# Challenge

/Noun/

Something that presents difficulty and requires effort to master or achieve.

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Darby overcame the fitness challenge with the help of her classmates.

# Community

/Noun/

A group of people connected as a result of shared attitudes, interests, resources, characteristics, and/or goals.

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Murphy enjoys being a part of his classroom community because they all respect each person's unique voice and greatness.

# Compromise

/Noun/

A resolution that settles a disagreement and is reached by each side giving something up to the benefit of the other.

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Sloan and Trinity reach a compromise during their disagreement which help them continue playing the game.

# Control

/Verb/

To manage or regulate the movement or actions of something.

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Spencer was so excited to be in physical education class that he had to work to control his behavior.

# Cooperation

/Noun/

The process of working together for a common goal or outcome.

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Jackie understood how important team cooperation would be as the group began the fitness adventure challenge.

# Effort

/Noun/

The amount of determination or exertion used to accomplish a goal.

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Dell gave their best effort during the fitness adventure because they enjoyed being physically active with friends.



# Emotion

/Noun/

A feeling that is created from a setting, relationship, or experience.

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Anger is an emotion that helps us understand what is most important to us.

# Fair Play

/Noun/

A way of competing in which all players respect rules and traditions.

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Egypt always demonstrated fair play as a way of respecting the other team's players.

# Flexibility

/Noun/

The ability to bend and move the joints through the full range of motion.

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Ellis began a yoga routine as a way to maintain good flexibility.

# Food Groups

/Noun/

Categories of foods that share something in common as they relate to nutrition. The 5 basic food groups are Fruits, Vegetables, Grains, Protein Foods, Dairy.

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A balanced meal includes foods from each of the 5 food groups.

# Form

/Noun/

The way that the body moves in order to perform a task or skill.

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The class moved with balance as they learned the form for different locomotor skills.

# Health-Related Fitness

/Noun/

A group of 5 physical characteristics that contribute to a person's overall well-being. The 5 components of Health-Related Fitness include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

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Living a physically active lifestyle helps you maintain good health-related fitness.

# Muscular Fitness

/Noun/

The combined status of muscular strength and muscular endurance.

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Enjoying a variety of physical activity options helps you develop your overall muscular fitness.

# Nutrition

/Noun/

The process of providing or obtaining the food necessary for health and growth.

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Nutrition is an important part of a healthy lifestyle.



# Positive Language

/Noun/

A method of verbal communication that uses an optimistic tone and focuses on what is good or can be improved in a given situation, task, or environment.

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Ellison used positive language when talking with this teachers and classmates.

# Respect

/Verb/

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

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Lyric understood that positive behavior was a way to show respect to his teachers and classmates.

# Responsible Behavior

/Noun/

The decision to do what is right in a given situation.

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Darryl demonstrated responsible behavior at recess and was able to enjoy playing on the playground with friends.

# Rules

/Noun/

A set of understood laws or commands that keep a space or activity under control.

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There are 3 rule in physical education.  
Respect Self. Respect Others.  
Respect the things we use.

# Self-Control

/Noun/

The ability to manage personal actions and the response to emotions.

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Even though Jordan was angry, they were able to demonstrate self-control in order to solve the problem with their classmates.

# Self-Respect

/Noun/

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

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Indigo demonstrated self-respect by working hard to be physically active and eat nutritious meals.

# Support

/Verb/

To give help, assistance, and encouragement to someone or something.

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Angel was there to support Ash when he was nervous about joining a new club at school.

# Team

/Noun/

Two or more people who work together to achieve a common goal.

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Our class worked as a team to clean up all of the equipment.



# Yoga

/Noun/

An eastern exercise discipline that includes breath control, mental focus/meditation, and the adoption of specific body postures intended to improve physical, mental, and spiritual health.

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Yoga is a great way to maintain flexibility and mental health.