

# Family PE Week

## PHYSICAL EDUCATION VOCABULARY

*Important words for us to understand and use.*

**ENERGY BALANCE:** The state when a person uses (burns) the same amount of energy (calories) that they consume in a day.

*Energy balance helps us keep our bodies at a healthy weight.*

**ENJOYMENT:** A positive feeling caused by doing or experiencing something you like.

*We enjoy physical activity and it helps to protect our health.*

**MINDFULNESS:** A feeling created when a person calmly focuses on the present moment and surroundings.

*The class practices mindfulness as a way to relax and focus on learning.*

**OPTIMISM:** A feeling of hopefulness and confidence about the future or the success of something.

*The class has a lot of optimism that this school year will be fun and meaningful.*

**PHYSICAL ACTIVITY:** Movement that uses the body's energy. Students should be physically active 60 minutes per day.

*Physical education class teaches us why it's important to enjoy physical active every day.*

**PHYSICAL EDUCATION:** A subject in school with a planned curriculum that teaching student to have the skill, confidence, and knowledge to be physically active for a lifetime.

*Physical education helps us learn fun ways to be active every day and keep our bodies healthy.*