

ACTIVELY ENGAGE

(verb)

To participate in an activity while showing genuine interest and a desire for excellence.

Caroline actively engages in physical education class because she wants to learn more movement routines.



BEAT

(noun)

The regular, rhythmic aspect of music that can be counted and felt in order to coordinate movement. Also, one of the single moments of emphasis in the music that, together, make up the overall beat.

Anne moved side to side with the song's beat as she danced.



CHOREOGRAPHY

(noun)

The set and sequence of movements that make up a routine when they are performed.

Tasfia remembered all the choreography and performed the routine perfectly.



CLICK

(verb)

The act of bringing two objects together to create a short, sharp sound.

Anthony created a click when he brought his two Lummi sticks together during the routine.



COMBINATION

(noun)

The result of bringing two or more things together to create a sequence or a set.

Shanae and Darcy created a new combination of choreography for their exercise ball movement routine.



COURAGE

(noun)

Bold confidence that allows a person to persevere in the face of great challenge, uncertainty, discomfort, and fear.

We are all very proud of the teams who displayed courage by carrying messages of hope and optimism when all seemed bleak.



EMPATHY

(noun)

The ability to understand and share the feelings of another.

Andrea has empathy for her friend who hurt his foot playing soccer.



EMPOWER

(verb)

To provide motivation, resources, and confidence to a person or a group so that they grow stronger and more confident in controlling their life and claiming their rights.

Sophia tried to empower her classmates by using positive affirmations while they learned the Rhythm Fit routine.



ENGAGE

(verb)

To actively participate in a situation, group, or community.

Brian decided to engage in a community athletic team to meet new friends.



ENGAGEMENT

(noun)

Participation and involvement in an action, situation, group, or community.

Shelby increased her engagement with Rhythm Fit by helping the teacher demonstrate the routines.



ENJOYMENT

(noun)

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

Kecia felt enjoyment in physical education because she was able to move with her friends.



ENTHUSIASM

(noun)

An energized feeling of enjoyment and interest.

Michael has enthusiasm for his physical education class.



EXAMPLE

(noun)

A person, thing, or action that demonstrates characteristics that are desired or sought after.

Jimmy worked hard during the routine to set an example for his classmates.



GREATNESS

(noun)

The quality of being important and accomplished.

The teacher wanted the principal to witness the greatness of the class as they performed the bucket routine.



GRIT

(noun)

A mixture of passion and perseverance
for long-term goals.

Jorge showed his grit when he worked hard to master
and then perform an advanced exercise ball routine.



GROWTH MINDSET

(noun)

A belief that abilities are developed through dedication and hard work; raw talent and common knowledge are just starting points.

Ellie has a growth mindset. She understands that making mistakes when she practices will help her learn correct form and technique as long as she tries her hardest.



KINDNESS

(noun)

A feeling that causes a person to act in a friendly, generous, and considerate way toward others.

When each student displays kindness,
our class operates in a positive and respectful manner.



LEAD

(verb)

To motivate and guide oneself and others toward a goal or a destination.

The teacher asked a student to help lead the Rhythm Fit routine.



LEADER

(noun)

A person who uses their talents and abilities to influence or guide themselves and others toward a goal or destination.

Elizabeth volunteered to be a leader during the Lummi stick routine today.



MINDFULNESS

(noun)

A mental state achieved by focusing one's awareness on the present moment while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

Incorporate mindfulness into your workouts, and you will become better at noticing and understanding the signals your body is providing to you.



MOTIVATION

(noun)

The reason for acting or behaving in a particular way. A desire to accomplish something.

The teacher helped Rita when she needed motivation to participate in the Lummi stick routine during class.



MOVEMENT

(noun)

The act, process, or result of moving.

When you perform rhythmic sequences or routines, one movement flows smoothly into the next movement.



OPTIMISM

(noun)

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

Katrina's optimism allows her to believe anything is possible if she works hard enough.



PATTERN

(noun)

A set of movements or actions that occurs in a predictable and often repeating manner.

In music, patterns are called rhythms.



POTENTIAL

(noun)

The ability to become or develop into something in the future.

In order for students to reach their full potential during Rhythm Fit, they need to be open to trying new routines and movements.



POWER

(noun)

The ability to influence the beliefs, attitudes, and actions of others based on the control of accessibility to a resource that has perceived value.

Every student has the power to influence the attitudes of their friends in a positive way.



POWERFUL

(adjective)

Having influence over people's feelings, thoughts, and/or behavior.

Emily had a powerful impact on Sheldon when she provided encouragement and he overcame his fears.



PRACTICE

(verb)

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

Kurt knew that he had to practice his choreography in order to keep getting better.



RESPECT

(noun)

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

Tanya showed respect for her peers by putting the equipment back where it belonged after class.



RESPONSIBLE

(adjective)

The quality of acknowledging and acting upon an obligation or duty to do something of consequence or to care for someone or something.

James is responsible for his actions during physical education class.



RHYTHM

(noun)

A uniform pattern of sound or movement.

Jamie tapped her foot on the ground
to the rhythm of the music.



SAFETY

(noun)

Protection from physical and emotional harm.

Rules and expectations are important during physical education to ensure the safety of students.



SEQUENCE

(noun)

A set of related events, movements, or things that follow each other in a particular order.

If you can remember to perform the right movements in the right sequence, you will know the routine perfectly.



SHARE

(verb)

To give a portion of something to others.

The teacher asked Anna to share her ideas for new choreography with the Lummi sticks.



SUPPORT

(verb)

To give help.

To be actively interested in the success of a person, group, or community.

The teacher helped support Jamie when she was trying to learn the Rhythm Fit routines.



TAP

(verb)

The act of striking one object with another to make a slight sound.

Lynne worked hard to remember the sequence so she knew when to tap the bucket with her drumstick.



TEMPO

(noun)

Pace. The speed at which a passage of music is or should be played.

The class moved faster and faster as the tempo of the music increased.



UNIQUE

(adjective)

Being the only one of its kind; unlike anything else. Remarkable, special, or unusual.

The Rhythm Fit routine we are learning is very unique.



VIRTUE

(noun)

Behavior that shows high moral standards.
Moral excellence.

Ava demonstrated patience as a virtue while leading the class during the bucket routine.

