



Family PE Week

# 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 likes the games and wants to improve her skills.



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# COOPERATION

(noun)

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

The teams showed great **cooperation** as they worked together to build the Kinara.



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# 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 are cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.

Katie understood the importance of each component of health-related fitness and made every effort to be active for 60 minutes a day.