



Family PE Week

AEROBIC ACTIVITY

(noun)

Sustained exercise/movement such as jogging that stimulates and strengthens the cardiorespiratory system.

Performing aerobic activities Tabata-style can help make us even healthier.



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CREATIVITY

(noun)

The ability to generate, evaluate, and refine ideas, alternatives, or possibilities in order to improve personal and/or community quality of life.

Creativity helps us create fun and unique dances that everyone will enjoy.



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FITNESS

(noun)

The degree to which the total organism is able to meet the physical, intellectual, and emotional demands for everyday living, as well as cope with emergencies.

Hailee has a great level of fitness because she exercises with her family on a regular basis.