



ACTIVE LIFESTYLE

(noun)

A way of life that values physical activity as an essential part of living; characterized by the integration of physical activity into daily routines and recreation.

As part of Justin's active lifestyle, he liked to play soccer with his friends on the weekends.



FOLLOW THROUGH

(verb)

To continue moving after an object has been kicked, struck, or thrown.

Follow through during your kicks, and they will be more likely to go towards your target.



Family PE Week

PHYSICAL ACTIVITY

(noun)

Any physical movement that uses the body's energy.

Taking a walk with my family is a great physical activity and helps us stay healthy.