**BODY COMPOSITION**

(noun)

**Measurement of the percentage of fat, muscle, water, and bone found in the human body.**

Ryan maintained his healthy body composition by staying active and eating healthfully.

**CARDIORESPIRATORY**

**ENDURANCE**

(noun)

**The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.**

Terry improved her cardiorespiratory endurance by doing jumping jacks until she felt her heart rate

and breathing get faster.

**COOPERATION**

(noun)

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

The team demonstrated cooperation in order to complete the task.

**CULTURAL TRADITION**

(noun)

**A custom or belief that is passed down through generations. A custom that is done year after year within a larger community or within**

**related groups of people.**

Josie shared one of her family’s cultural traditions she was looking forward to during the

winter holiday break.

**DICTATION**

(noun)

**The action of saying words out loud to be written down, typed,**

**or recorded.**

Samuel utilized dictation to complete some of his schoolwork while his arm was in a cast.

**DIETARY RESTRICTION**

(noun)

**A limitation on the foods a person can eat, often for medical or**

**religious reasons.**

Jonathon was not able to eat peanuts due to a dietary restriction.

**EXPERIENCE**

(noun)

**Something personally encountered, undergone, or lived through.**

Zed shared his experience of not doing well on an exam after not getting enough sleep the

night before.

**FITT PRINCIPLE**

(noun)

**A personal fitness concept that requires the inclusion of frequency, intensity, time, and type of exercise as four elements necessary for a comprehensive and successful fitness plan.**

The class discussed the FITT Principle as they were making a plan to improve their

health-related fitness.

**FOOD LABEL**

(adjective)

**Label required on most packaged foods and beverages to show what nutrients and ingredients are included.**

Shelby reviews the food labels before deciding which snack she feels is the healthiest choice.

**FOOD RELATIONSHIP**

(noun)

**The way in which a person is connected to food, including what, when and how much they eat, as well as their thoughts, feelings and beliefs about food and eating.**

Christina has a positive food relationship and likes to eat a lot of nutritious foods but also enjoys occasional treats.

**GOAL**

(adjective)

**An aim or desired result.**

Kachi’s goal was to drink more water each day instead of drinking soda.

**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 include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility,**

**and Body Composition.**

Finding a variety of physical activities that you like is a good way to improve and maintain all five components of health-related fitness.

**HEALTHY**

(adjective)

**A state of physical, mental, and**

**social well-being.**

Our teacher has a goal of trying to maintain a healthy lifestyle.

**HEAT-RELATED ILLNESS**

(noun)

**A serious medical condition resulting from the body’s inability to cope with a particular heat load. Can include heat cramps, heat exhaustion, and heat stroke.**

It is important to learn about ways to prevent

heat-related illness if you are going to exercise

outside during the summer.

**INFLUENCE**

(adjective)

**The power to have an important effect on someone or something.**

Herman’s family had a big influence on his thoughts and beliefs about food.

**LEADERSHIP**

(noun)

**The effective use of people skills to organize and motivate others to work cooperatively toward a common goal.**

Brandon noticed that his group was having a hard time completing their task, so he took a position of leadership and began to encourage them.

**LOCOMOTOR**

(adjective)

**A type of movement used to get from place to place.**

The teacher chose a different locomotor skill for each round of the relay race.

**MOVEMENT**

(noun)

**The act, process, or result**

**of moving.**

When you dance, one movement flows smoothly into the next movement.

**NUTRIENT**

(noun)

**A substance that provides nourishment essential for growth and the maintenance of life.**

Most healthy foods contain multiple

different nutrients.

**NUTRITION**

(noun)

**The study of food and how it**

**works in your body.**

Mr. Parker shared the ways he conducted research to improve his knowledge about good nutrition.

**PARAGRAPH**

(noun)

**A distinct section or piece of writing, usually focused on a single**

**theme or topic.**

Andrea read the first paragraph of the book out loud for the class.

**PREFERENCE**

(noun)

**Liking something better than others.**

Kenneth had a preference for oranges more

than apples.

**PUBLIC SERVICE ANNOUNCEMENT**

(adjective)

**A message intending to raise awareness and change behavior.**

Our class worked on a public service announcement for National Physical Education

and Sport Week.

**RELAXATION**

(noun)

**A state of feeling free from**

**tension or anxiety.**

Josh's favorite form of relaxation is laying down

with his eyes closed.

**SKILL-RELATED FITNESS**

(noun)

**A group of 6 psychomotor characteristics that contribute to a person’s ability to successfully complete a physical performance. The 6 components of Skill-Related Fitness include Agility, Balance, Coordination, Power,**

**Reaction Time, and Speed.**

Sage knew that improving his skill-related fitness was essential to becoming a better athlete.

**SLEEP**

(noun)

**A sedentary state of mind and body that typically occurs for several hours each night.**

We should all try to get 8 hours of sleep each night.

**STRESS MANAGEMENT**

(noun)

**The process of using specific strategies in order to reduce anxiety and balance emotional well-being.**

Using exercise as stress management is a good way to help students prepare for final exams.

**TEAMWORK**

(noun)

**The combined action and effort of a group of people working toward a common goal or purpose.**

Belle and Nina displayed incredible teamwork as they completed the partner activity.

**TECHNOLOGY**

(noun)

**Tools that can be utilized to assist with gathering of information and performance of a variety of tasks.**

Karen used technology to assist with her research on the benefits of sleep.