

ACCURACY

(noun)

The quality of being correct, precise, or on target.

Amy has excellent accuracy. All of her strikes go exactly where she wants them to go.



AEROBIC CAPACITY

(noun)

The body's ability to take in, transport, and use oxygen during vigorous physical activity.

In order to improve her aerobic capacity, Fiona decided to train for a community 5K race.



BACKHAND

(noun)

A stroke made from the side of the body opposite of that of the hand holding the racket.

Zach is right-handed and used his backhand when trying to return a shot from his left side.



CONTINUOUS

(adjective)

Without stopping.

Jimmy's continuous striking skills allowed him and his partner to rally for 2 minutes straight.



CONTROL

(verb)

To manage or regulate the movement or actions of something.

Kira was able to control the ball when she received it from her partner.



COOPERATION

(noun)

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

The team demonstrated cooperation in order to score points as a team.



COUNTER-CLOCKWISE

(adverb)

Movement in the direction opposite to the way the hands of a clock move.

The class turned and began walking in a counter-clockwise circle.



ENCOURAGE

(verb)

To offer support, confidence, or hope to someone else.

The team encouraged one another throughout the activity, which helped everyone stay motivated to do their very best.



ENCOURAGEMENT

(noun)

Support, confidence, or hope offered by someone or some event.

Kesha gave her team encouragement during a very long rally while playing Street Racket.



ENJOYMENT

(noun)

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

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



FEEDBACK

(noun)

Information provided in reaction to a performance, action, or piece of work.

Mr. Hart gave Gina feedback on her performance and told her how she could improve.



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.

The students developed their fitness in order to be able to play safely on the monkey bars.



FORCE

(noun)

Strength or power used on an object.

William used too much force when he hit the ball, so it went out of bounds.



FOREHAND

(noun)

The stroke used to return a ball hit to the right of a right-handed player and to the left of a left-handed player.

Luke is right-handed, so he returned a shot on his right side by using a forehand stroke.



GRIP

(noun)

To hold something.

My shots are more accurate when I grip the racket using all of the cues we learned in physical education.



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.

I do a variety of activities to work on my health-related fitness.



INTEGRITY

(noun)

The quality of having strong moral principles.

The best teammates are those who have a positive attitude and always play with integrity.



POWER

(noun)

The ability to produce maximum force in the shortest time.

We are working to use the appropriate amount of power to get our serve over the center square.



RACKET

(noun)

An implement with a handle and a flat hitting surface used to hit a ball or other object.

Carson gripped his racket correctly during the Street Racket game.



RALLY

(noun)

The act of hitting a ball back and forth between players before a point is scored.

Kaitlynn and Andrew built a rally with consecutive forehands and backhands.



RETURN

(verb)

To send something back to a person or place.

Jenny was able to return the serve back to her partner using a backhand strike.



ROTATION

(noun)

To move or change positions in a regularly recurring order.

Our team used a rotation in order to get everyone equal playing time during the game.



SAFETY

(noun)

The condition of being protected against physical, social, and emotional harm.

Miranda made sure to follow the safety rules during the game.



SERVE

(noun)

The act of hitting or sending a ball into play to start game play.

Mary demonstrated an excellent serve to the other team to get the game started.



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.

Michele practiced all 6 components of Skill-Related Fitness to prepare for her upcoming game.



STRATEGY

(noun)

A plan of action for achieving a goal.

The team's offensive strategy was working really well, so they were able to rally for a long time.



SUPPORT

(verb)

To give help, assistance, and encouragement to someone or something.

It is important to support your friends as they work hard to meet their goals.



TEAMWORK

(noun)

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

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



WEIGHT TRANSFER

(noun)

A change in the center of gravity beyond its base of support in order to create movement or generate force.

Denise's weight transfer at the end of her forehand strike helped to propel the ball to her partner.

