

ACCOUNTABILITY

(noun)

The quality of being responsible for your actions and words.

Joseph held himself **accountable** to his team when he lost focus during the game.



ACCURACY

(noun)

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

Harry knew his throws would be more successful if he practiced and improved his **accuracy**.



ADVANTAGE

(noun)

A condition that puts an individual or group in a favorable or superior position.

Danny moved quickly into open space and gained an offensive **advantage** for his team.



CHALLENGE

(noun)

Something that presents difficulty and requires effort to master or achieve.

Defensive strategies can be a **challenge** for people who have never played an invasion game before.



CLOSE SPACE

(verb)

Defensive play in which one or more defenders position their bodies to block movement or passing into open space.

Kendra moved diagonally across the activity area to **close space** and get closer to the offensive players.



COMMITMENT

(noun)

**Being dedicated to a cause
or activity.**

Chance showed **commitment** to his team by showing up on time and prepared each day.



COMMUNICATION

(noun)

The exchange of information from one person or group to another.

Coach Johnson gave the class helpful feedback about how they can improve their teamwork and **communication**.



CONTROL

(verb)

To manage or regulate the movement or actions of something.

If you hit the ball too hard, it will bounce out of your **control**.



COOPERATION

(noun)

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

Julius and Drew knew that **cooperation** was important if their team wanted to complete the Roundnet task.



DEFENSE

(noun)

The team or players in a game or sport who are trying to steal away possession of the ball and stop their opponent from scoring a goal or point.

The **defense** made it difficult for the offense to score a goal.



ETIQUETTE

(noun)

The set of customary or acceptable behaviors among members of a group or in a specific setting.

Both teams displayed proper **etiquette** through their sportsmanship and adherence to the spirit of the game.



FOCUS

(verb)

To pay close attention to someone or something.

Cammy was able to **focus** on dribbling with control while also watching the defensive players.



FORCE

(noun)

**An influence of energy/strength that changes the motion of an object or produces movement of a stationary object.
[Force = Mass X Acceleration].**

Bethany attempted to use more **force** when throwing the ball.



GOALIE

(noun)

A player who defends a goal or a target.

Sam played **goalie** for the defense and stopped every shot but one.



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.

Invasion games are a great way to improve **health-related fitness** components.



HONESTY

(noun)

The quality of being truthful, honest, and showing respect towards others.

Marcus made sure to be respectful but speak with **honesty** when talking to his teammates.



INVASION GAMES

(noun)

A competition between two teams in which an offensive team attacks a goal or target area while a defensive team works to stop the attack.

Jessica loves the challenge of **invasion games**.
She works hard on both offense and defense.



MOVEMENT CONCEPTS

(noun)

The elements important in the study of human movement: body awareness, space, and qualities of movement (force, balance, time, and flow).

Jayden was able to apply what he'd learned about **movement concepts** to his skill practice.



OFFENSE

(noun)

The team or players in a game or sport who are attempting to score or move the ball forward.

The **offense** scored 6 goals in first 5 minutes of the game, and the defense held the other team to only 1 goal.



OPEN SPACE

(noun)

An area of general space with no obstacles where people can move freely.

Karen knew that she could help her team score more easily if she moved to **open space**.



PASS

(verb)

To move an object from one space to another.

Every time Henry looks to **pass** the ball to Kendra, Caitlin moves into the passing lane to prevent Henry from passing to her.



RESPECT

(verb)

To appreciate someone or something as a result of their abilities, qualities, or achievements.

I **respect** my teammates because they come to class and work hard to improve.



SHOOT

(verb)

To send a ball or object toward a goal or target in order to score a point.

Michael likes to **shoot** the ball over the defense and into the goal.



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.

The components of **skill-related fitness** are all important when playing invasion games.



STRATEGY

(noun)

A plan of action for achieving a goal.

The team's **strategy** was working really well, and they were able to complete the challenge.



TARGET

(noun)

An object selected as the aim of attention or attack.

The inside of the goal is the **target** that the offense is shooting for.



TEAMWORK

(noun)

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

Taylor and her partner displayed excellent **teamwork** during the activity.



TRUST

(verb)

To believe in the reliability of something or someone.

Meg knew that she could **trust** Amara to get open for a pass during the game.

