

BALANCE

noun

The ability to adjust the distribution of weight in order to remain upright and steady.

Harper kept her **balance** by slowing down her running pace.



CHALLENGE

noun

Something that is difficult to do or accomplish.

It was a **challenge** for Logan to balance on two body parts.



CONTROL

verb

To manage or regulate the movement or actions of something.

Riley kept **control** of the hoop while skipping around the running loop.



FAST

adjective

Moving at a high speed.

Ainsley loved running **fast** during
Run for Fun activities.



FOOD GROUP

noun

A category of foods that share something in common as they relate to nutrition.

The 5 basic **food groups** are Fruits, Vegetables, Grains, Protein Foods, Dairy.



FRUITS

noun

A group of foods that usually comes from flowering plants. They are usually sweet to taste and contain complex carbohydrates and fiber.

A banana is a **fruit**.



FUEL

noun

A source of energy.

The food that we eat gives our bodies **fuel** for physical activity.



GALLOP

verb

To perform a sliding movement in a forward direction.

Lennox loves to **gallop** around the class running loop.



HEART RATE

noun

The speed at which the heart is beating, measured in beats per minute.

Robin's **heart rate** increased during the game of *Space Race*.



JOG

verb

To run at a steady, gentle pace.

Rowan could **jog** for more than 10 minutes without stopping to rest.



LEAP

verb

To perform a locomotor skill in which you take off of one foot and land on the opposite foot.

Sloan learned how to safely **leap** over the lines on the gym floor.



MARCH

verb

To walk in a regular, measured stride.

Alexis started to **march** to the beat of the music.



MUSCULAR STRENGTH

noun

The maximum amount of force a muscle can produce in a single effort.

Doing push-ups is a great way to build **muscular strength**.



PHYSICAL ACTIVITY

noun

Any physical movement that uses the body's energy.

Getting **physical activity** every day is a great way to keep our bodies and minds healthy and strong.



RUN

verb

Transfer weight from one foot to the other with a momentary loss of contact with the ground by both feet; similar to walking but with a longer stride.

It is fun to **run** fast.



SAFETY

noun

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

The students keep their bodies under control in physical education because they know that **safety** is important.



SIDE SLIDE

verb

To step sideways with one foot, then a pull or drag of the other foot beside it (step-close, step-close).

Mark moved slowly and kept his balance while he used a **side slide** to travel around the running loop.



SKIP

verb

To perform a step-hop combination executed in an uneven rhythm, alternating the lead foot.

Kirby loved to **skip** around the playground at recess.



SLOW

adjective

Moving or acting at a low speed.

Turtles are **slow** on land,
but fast in the water.



SPEED

noun

The ability to propel the body or a part of the body rapidly from one point to another.

Controlling your **speed** is a great way to keep your balance while you move.



SPEED-WALK

verb

To walk at a fast pace, keeping ground-contact with at least 1 foot.

Madhu was in a hurry so they decided to **speed-walk** down the sidewalk.



VEGETABLE

noun

A group of foods that come from all of the edible parts of a plant including the leaves, seeds, and stalks.

They contain complex carbohydrates, fiber and essential vitamins and minerals.

A carrot is a **vegetable**.



WALK

verb

A transfer of weight from one foot to the other that involves alternately losing balance and recovering it while moving forward or backward.

The students safely started to **walk** after the *Run for Fun* activity was over.



