

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 a part of Justin's active lifestyle, he liked to play soccer with his friends every Saturday and Sunday.

ACTIVELY ENGAGED

(verb)

To participate in an activity while showing genuine interest and a desire for excellence.

Because Charles was actively engaged in physical education class, he learned how to communicate with his teammates during activities and games.

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.

ANTICIPATE

(verb)

To analyze a situation and use that information to predict what will happen next.

Because there was a lot of open space to his right, Darius anticipated that Melissa was going to move in that direction.

CHALLENGE

(noun)

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

My teammate was very fast, so it was a challenge to catch her before she got to the other side of the court.

COMMUNICATION

(noun)

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

Jim showed proficiency in communication by clearly discussing and demonstrating each strategy.

COMMUNITY

(noun)

A feeling of fellowship with others as a result of sharing common attitudes, interests, and goals.

Andrea began to feel a sense of community with her classmates both during and outside of physical education class.

CONNECTION

(noun)

A relationship in which a person, place, thing, or idea is linked with something else.

There is a scientific connection between exercise and good health.

COOPERATION

(noun)

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

Julius and Drew knew that cooperation was important if they wanted to complete the task successfully.

CORE EMOTIONS

(noun)

The fundamental emotions that serve as the building blocks for the wide range of emotions that humans experience.

The six core emotions are joy, excitement, sadness, anger, fear, and disgust.

EMOTIONAL REGULATION

(noun)

The process of managing the body's response to internal or external stress, challenge or excitement.

It's important for people to recognize and name their feelings while they develop emotional regulation skills.

EMPATHY

(noun)

The ability to understand and share the feelings of another.

Brian showed empathy towards Sheila by listening to how she was feeling after the game.

ENCOURAGE

(verb)

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

Bobby encouraged Lisa to complete one more serve attempt and finish strong.

ENJOYMENT

(noun)

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

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

ETIQUETTE

(noun)

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

John followed class etiquette in physical education by taking turns with equipment and listening respectfully to the ideas of others.

FAILURE

(noun)

A lack of success.

The team knew that their second attempt was a failure. However, they also realized that they learned a lot during that attempt about how to 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.

Jumping rope is a good way to improve your fitness because it increases your heart rate and makes your muscles stronger.

GENERAL SPACE

(noun)

The area within a boundary in which a person can move using different types of locomotion.

In physical education class, we share general space so that everyone can move safely within the activity boundaries.

GROWTH MINDSET

(noun)

A belief that abilities are developed through dedication and hard work; raw talent and common knowledge are just starting points.

Matthew demonstrated a growth mindset each time that he failed and decided to learn from his mistakes and try again.

HEART RATE ZONE

(noun)

A range of heart beats per minute, measured as a percentage of Maximum Heart Rate, identified because specific health benefits are associated with sustained exercise intensity within that range.

Cammy worked within her target heart rate zone in order to maximize the cardiorespiratory benefits of the workout.

HONESTY

(part of speech)

The quality of being truthful.

Heather displayed honesty during the game by admitting that her serve went out of bounds.

INTEGRITY

(noun)

The quality of being honest with strong moral principles.

Shannon showed integrity by following all of the rules during the game.

MENTAL HEALTH

(noun)

A person's psychological and emotional well-being.

Exercise can improve your mental health in addition to your physical health, especially mindful exercises like yoga.

MINDFULNESS

(noun)

A mental state achieved by focusing one's awareness on the present moment while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

Incorporate mindfulness into your workouts, and you will become even better at noticing and understanding the signals your body is providing to you.

OPEN SPACE

(noun)

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

Karen knew that she could guide her blindfolded partner more safely if they were in open space.

PASS

(verb)

To move an object from one space to another.

The offense did a good job of passing the ball, and everyone on the team had a chance to participate.

PATIENCE

(noun)

The ability to endure difficult circumstances without getting angry or upset.

Johnny had patience with his partner Sarah and responded to her using positive language after they were unsuccessful in winning the game.

PHYSICAL HEALTH

(noun)

An individual's biological well-being; a description of the working condition of a person's body systems.

Caleb knew that his physical health was determined by lots of factors, many of which he could control with healthy behaviors.

RELATIONSHIP

(noun)

The way that two or more concepts, objects, or people are connected.

In physical education class, we're learning about the relationship between hard work and success.

RESPECT

(noun)

A feeling of deep admiration for someone or something due to their abilities, qualities, or achievements.

The two groups showed each other respect by shaking hands and saying “good game” when the activity ended.

RESPONSIBILITY

(noun)

The state of having a duty or obligation.

It is everyone's responsibility to make sure the equipment gets put away at the end of class.

SAFETY

(noun)

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

Rahim follows all safety rules in class in order to protect himself and his classmates from injury.

SHOOT

(verb)

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

Shoot for the goal when you get past your defender with the ball.

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.

SUCCESS

(noun)

The accomplishment of a goal
or purpose.

Daniel was able to achieve success after listening to Mr.
Grove's feedback and practicing the skill cues.

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 her teacher to keep her safe during physical education class.