

# ACCURACY

(noun)

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

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



# ACTIVELY ENGAGE

(verb)

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

Caroline **actively engages** in physical education class because she likes basketball and wants to improve her skills.



# BASKETBALL

(noun)

A game played between two teams of five players in which goals are scored by throwing/shooting a ball through a netted hoop fixed above each end of the court.

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Preston's favorite sport is **basketball**. He loves the fast pace and dynamic play.



# CHALLENGE

(noun)

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

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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.

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



# COMMUNITY

(noun)

Your team, class period, gymnasium, classroom, school, district, or municipality. Whatever group of people that you include in your attempts to bring folks together around a common purpose toward a culture of excellence.

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The class has worked hard to build a **community** during physical education class.



# COMPETITION

(noun)

An open opportunity for individuals or teams to strive towards excellence. Opponents should be viewed as partners responsible for providing a level of opposition, or barriers to victory, that bring out the most proficient performance of the participant.

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Each basketball **competition** is an opportunity to strive towards excellence.



# CONTROL

(verb)

To manage or regulate the movement or actions of something.

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Kira was able to **control** the ball by dribbling with the pads of her fingers rather than the palm of her hand.





# 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 task.



# CRITICAL CUES

(noun)

Words or phrases that help you remember the individual parts of a skill that are important to successful performance.

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Luke used **critical cues** to help him perform all of the elements of a layup correctly.



# CULTURE

(noun)

The behaviors, customs, arts, and beliefs that are characteristic of a particular social, ethnic, or age group.

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Basketball is a big part of American **culture** throughout the United States, in urban, suburban, and rural areas alike.



# CUT

(verb)

An offensive movement in which a player without the ball moves into open space using a sharp and quick movement.

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Halsey **cut** into open space in order to get open to receive a pass.



# 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.

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The **defense** used a zone to cover as much space as possible.



# DEFENSIVE READY POSITION

(noun)

A stance that allows a defender to quickly move in any direction in order to create a disadvantage for the offense. The defender's weight is on the balls of the feet, arms are extended with palms up, and eyes are on the midsection of the offensive player.

Malone stood in **defensive ready position** because he knew that Ava could receive a pass and attempt to score at any moment.



# DOMINANT HAND

(noun)

The hand that a person prefers to use for manipulative and fine-motor skills.

Calvin uses his right hand to shoot a layup because that is his **dominant hand**.



# DRIBBLE

(verb)

To maneuver a ball under the control of a single player. Soccer requires foot dribbling. Basketball requires hand dribbling. Floor hockey requires stick dribbling.

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**Dribble** the ball as fast as you can in order to beat defenders down the court.





# DROP STEP

(noun)

An athletic movement in which a player pivots backward into open space.

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TJ practiced his **drop step** until he could perform it with improved proficiency.



# EFFORT

(noun)

A) In movement concepts, this refers to how the body moves and applies the concepts of time (fast, slow), force (strong, light), and flow (bound, free) to specific movement situations.

B) The amount of determination or exertion used to accomplish a goal.

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Skill can only get you so far in a competition; you must also choose to put forth great **effort**.



# ENCOURAGEMENT

(noun)

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

The friends gave each other constant **encouragement** in order to help each other build self-confidence during the most difficult parts of the basketball game.



# ETIQUETTE

(noun)

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

Kurt practiced good **etiquette** in physical education class because he wanted to help create an environment that would help his classmates learn.



# EVADE

(verb)

To escape or avoid a person or thing.

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While playing offense, Damian slipped away and **evaded** the defender to complete his layup.



# FAKE

(noun)

A tactic used by an offensive player in which the player pretends to cut, pass, or shoot in order to deceive an opponent.

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Marie **faked** a movement to the right but then ran to the left in order to avoid her defender.



# FOLLOW THROUGH

(verb)

To continue moving after an object has been kicked, struck, or thrown.

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**Follow through** during your free throws so that the ball has good back spin and accuracy.



# FOUL

(noun)

An unfair or invalid piece of play.

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The referee called a **foul** when Barry hit Sara's hand during her shot.





# GIVE AND GO

(noun)

A movement in which a player passes to a teammate and immediately cuts toward the net or goal in order to receive a return pass.

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John performed a **give and go** with Brandon in order to get into position for a shot inside the lane.



# GOOD MISS

(noun)

Attempts at any skill, during a practice or game, where the student is unsuccessful but completes the attempt in a way that is very close to a successful attempt.

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John's free throw attempt was a **good miss** and provided feedback for subsequent improvement.



# GRATITUDE

(noun)

The quality of being thankful; readiness to show appreciation for and to return kindness.

At the end of the game, we showed **gratitude** toward the coach for leading us to the championship by showering him with sport drink.



# GROWTH MINDSET

(noun)

Defined by psychologist Carol Dweck as a belief that abilities can be developed through dedication and hard work; raw talent and common knowledge are just starting points.

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Luke has a **growth mindset**. He understands that correcting the mistakes he made during practice will help him to improve his form and technique.



# IMPROVE

(verb)

To achieve a higher standard or quality;  
to make or become better.

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Amanda purposefully practiced free throw shots  
so often that she **improved** greatly.



# INTENSITY

(noun)

The amount of exertion used when performing an exercise or activity.

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Every day, we should get a least 60 minutes of physical activity that is at a moderate to vigorous **intensity**.



# JAB STEP

(noun)

A strategic offensive movement in which an offensive player takes a short, quick, and hard step toward a defender in an effort to move the defender back and create space in between the two players.

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Brian performed a **jab step** in order to get Margaret to step backward so he could shoot without being blocked.



# LEADING PASS

(noun)

A pass that is made just ahead of a cutting player, giving the receiving player the ability to continue on their natural path while catching the pass.

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The **leading pass** allowed Francois to catch the ball without breaking stride on his way to making a layup.





# MOVEMENT CONCEPTS

(noun)

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

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



# NON-DOMINANT HAND

(adjective)

The hand or foot that a person does not prefer to use for manipulative or fine-motor skills.

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Ellen's shot wasn't as strong as usual because she was forced to use her **non-dominant hand**.



# OFFENSE

(noun)

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

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The **offense** needed to score one more time in order to win the game.



# OPEN-MINDED

(adjective)

Willing to consider new ideas  
or activities.

Mark was **open-minded** to making new  
connections during the learning activities.



# OPEN SPACE

(noun)

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

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Karen knew that she could receive a pass more easily if she moved into **open space**.



# PASS

(verb)

To move an object from one space to another.

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



# PASS-READY POSITION

(verb)

A ready position in which an offensive player is showing hands to a teammate with the ball as an indication she or he is ready to receive a pass.

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DeAndre was in a **pass-ready position** with his hands up, ready to receive the ball from his teammate.



# PASSING LANE

(noun)

The open space through which a ball can travel from passer to receiver without being stolen by a defender.

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Anthony could see the **passing lane** open up when Alex cut to the open space.





# PERSEVERANCE

(noun)

Continued effort to do or achieve something despite difficulties, failure, or opposition.

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Kendra's team was losing by 12 points, but their **perseverance** helped them score 14 unanswered points and get back in the game.



# PIVOT

(verb)

To keep one foot planted while stepping the other foot in any direction.

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Colleen **pivoted** away from her defender to open up a passing lane to her teammate.



# POSITIVE LANGUAGE

(noun)

A method of verbal communication that uses an optimistic tone and focuses on what is good or can be improved in a given situation, task, or environment.

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Jose used **positive language** during intramural basketball games because he loved having fun and being active with his friends, and he wanted them to have fun too.



# PRACTICE PLAN

(noun)

- A) A written itinerary for a single sport practice session or workout.
  - B) A strategically organized calendar of game or sport practice sessions and workouts.
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Developing a **practice plan** will help you bring intention and focus into your practice, which will make it more effective.



# PURPOSE

(noun)

A stable and generalized intention to accomplish something that is at once meaningful to one's self, and of consequence to the world beyond one's self.

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Vlad felt a greater connection to the lesson when he remembered his **purpose** was to improve his level of play for his own benefit, as well as that of the team.



# PURPOSEFUL COMPETITION

(noun)

A teaching model that provides students with opportunities to collaborate with teachers and peers in engaging subject matter, which facilitates their physical literacy journey through consistent and varied assessment, while embracing the role of competition viewed through the partnership lens.

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The practices of **Purposeful Competition** guide competitors to respect both their teammates and opponents during competition.



# PURPOSEFUL PRACTICE

(noun)

Structured and focused activity designed to improve skill and performance through challenging tasks that provide feedback through trial, error, adjustment, and success.

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**Purposeful practice** helped David improve his shot.



# RECEIVE

(verb)

To have someone successfully pass something to you.

Phoebe prepared to **receive** the inbound pass from her teammate before the game clock started ticking down.





# REDUCE SPACE

(verb)

To make smaller or lesser in amount, degree, or size.

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The defensive team **reduced space** inside the key in order to make it difficult for the offense to take shots from inside the paint.



# RESPECT

(noun)

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

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Andy has a lot of **respect** for the way Sid practices every day.



# SELF-IMPROVEMENT

(noun)

The betterment of your own knowledge, status, or character.

Kennedy developed a plan for **self-improvement** to help increase her accuracy when shooting three-point shots.



# SELF-MANAGEMENT

(noun)

Control over yourself that allows you to take responsibility for your own actions and well-being.

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Bodie created a plan for **self-management** so that he would receive fewer penalties during a game.



# SHOOT

(verb)

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

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**Shoot** the ball when you get past your defender.



# SKILL

(noun)

An ability specific to a task.

Victor was able to learn a few new **skills** because he practiced and worked hard.



# SLIDE

(verb)

Sideward movement with one foot leading in the direction of the movement and the other foot following in a step-together pattern.  
Feet do not cross.

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Quentin worked to **slide** to the left in order to stay in an effective defensive position.



# **SOCIAL DYNAMICS**

(noun)

Group relationships formed through individual and group-level interactions and formed through the behaviors and attitudes of all group members.

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The **social dynamics** of physical education class can have an important impact on overall enjoyment and learning.





# SOCIAL INTERACTION

(noun)

What happens when two or more people talk or exchange nonverbal cues.

The **social interactions** of the team were positive and constructive, which allowed all members to contribute to the group's success.



# STRATEGY

(noun)

A plan of action for achieving a goal.

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



# SUPPORT

(verb)

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

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If we all **support** one another, everyone will have fun and improve together.



# TACTIC

(noun)

An action or strategy that helps in achieving a specific goal.

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The team needs both offensive and defensive **tactics** in order to win a game.



# TEAMWORK

(noun)

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

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



# TRANSITION

(noun)

The process or a period of changing.

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A good player can quickly **transition** from offense to defense at a moment's notice.



# TRAVEL

(verb)

To control and walk/run (but not dribble) a live basketball inbounds. This is an illegal movement.

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Javon was charged with **traveling** when he changed his pivot foot while attempting to pass the ball.



# V-CUT

(adjective)

A play in basketball in which the offensive player cuts inside the three-point line, plants their foot, and then explodes out to receive the ball.

Elyse can execute a **v-cut** with proficiency and make a three-point shot during key moments of the game.





# VIOLATION

(noun)

An infringement of the rules in sports that is less serious than a foul and usually involves technicalities of play.

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Shane had a **violation** called on him by the referee after he traveled unintentionally.

