

ACTIVELY INVOLVE

(verb)

To make a mindful effort to include a person (or people) as a necessary part of a group, activity, or action plan.

Courtney made an effort to **actively involve** the new student in the activity they were doing so that they could become friends.



BENEFIT

(noun)

An advantage gained from something.

Increased leg strength is just one of the many **benefits** of jumping rope.



CHALLENGE

(noun)

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

It was a **challenge** to be able to perform a lot of the jump rope tricks.



CONSECUTIVE

(adjective)

One after another without stopping.

John was able to do 20 **consecutive** jumps without stopping.



COOPERATION

(noun)

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

The red team worked together by using **cooperation**, and so they were able to reach their goal.



ENDURANCE

(noun)

The ability or strength to continue or last. Stamina.

Samantha has high **endurance**, which allows her to keep moving and continue doing her activity despite being tired.



ENHANCE

(verb)

**To raise or improve
to a higher degree.**

Denise **enhanced** her fitness by exercising every day and eating healthy foods.



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.



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.

Parker understands that **health-related fitness** can help him become a healthier person.

By using all of the characteristics, he is able to be more well-rounded.



HEART RATE

(noun)

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

Nancy checks her **heart rate** before and after working out and knows that when she is moving faster, her heart rate is going to increase.



JUMP

(verb)

To push off of a surface and into the air using the power in your legs.

Emily likes to **jump** over different obstacles.



LAND

(verb)

To reach the ground after jumping.

Brett used balance to **land** safely on the floor after his jump.



LONG ROPE

(noun)

A jump rope that must be turned by two individuals in order for another individual to jump it.

You can have multiple people participate when using a **long rope** for jumping. Groups can even have more than one person jumping at a time.



PACE

(verb)

To move or work at a steady and consistent speed, oftentimes in order to avoid becoming overly tired.

In order to complete the running assignment, Tony **paced** himself so that he ran at about the same speed for the majority of the time.



PRACTICE

(verb)

To perform an activity or exercise repeatedly and/or regularly in order to improve or maintain skill.

Amanda wanted to get better at jumping rope, so she decided to **practice** jumping every day.



QUICK

(adjective)

Able to move with speed.

Because Adam was so **quick**, his opponents couldn't keep up with him when he was running.



RHYTHM

(noun)

**A uniform pattern of
sound or movement.**

The class jumped to the **rhythm** of the beat.



ROUTINE

(noun)

A set sequence of steps.

Using the skills they have learned throughout the unit, the students put together a **routine** that was made of at least 4 different skills.



SHORT ROPE

(noun)

A rope that can be both turned and jumped by a single individual.

A **short rope** is used when jumping rope individually.



SKILL

(noun)

The ability to do something well.

Jumping rope requires practice in order for people to become **skilled** at it.



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.

Katie knows that working on her **skill-related fitness** can help her become a better athlete.



SLOW

(adverb)

To move or act at a low speed.

Tony moved through the exercises at a **slow** pace because he wanted to take his time and make sure he used proper form.



SPEED

(noun)

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

It's good to change the **speed** of your jump rope during practice. Start off by jumping slowly and gradually get faster.



SUCCESS

(noun)

The accomplishment of a goal or purpose.

The team achieved **success** by winning the tournament.



TRICK

(noun)

A skillful act.

Connor did a cool jump rope **trick** that involved jumping rope backwards.



TURN

(verb)

To rotate the body or another object.

Abby started out facing one direction, but then she did a **turn** to face the other direction.



TWO-FOOT TAKE OFF

(verb)

Leaving the ground by using both legs/feet at the same time.

When working on jumping, Jillian used both feet at the same time to perform a **two-foot take off**.

