**ADJUST**

*verb*

To make small changes

in order to achieve a

desired result.

The girls had to adjust their pace by slowing down in order to save the energy needed to run a mile.

**APPROPRIATE**

*adjective*

Suitable or proper in the circumstance

Encouraging your teammates is appropriate behavior during a relay event.

**BENEFIT**

*noun*

An advantage gained

from something.

One benefit of fitness running is the ability to run with a group of friends.

**CHALLENGE**

*noun*

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

Running the distance of 3 kilometers

is a challenge for many people.

**COMMUNITY**

*noun*

A group of people connected as a result of shared attitudes, interests, values, traditions and goals.

Our physical education class

is a learning community where we all

respect and help each other.

**COMPONENT**

*noun*

A part or element

of a larger whole.

Efficient arm movement is one

component of good running posture.

**CONTROL**

*verb*

To manage or regulate the movement or actions of something.

Pace is one way to control the effort and energy required to run long distances.

**COOPERATE**

*verb*

To work together toward

a common goal.

The teammates worked to cooperate with positive language during the team relay.

**CUE**

*noun*

A word, phrase, or other signal that tells someone that they should do something specific, especially in dance.

The students listened for the horn that

was their cue to start running.

**DECISION**

*noun*

The act of making up

one's mind with respect

to specific options.

The students were asked to make a decision about which running events they would like to compete in.

**DYNAMIC STRETCHING**

*noun*

Movement-based exercises designed to prepare the muscles for movement while maintaining or improving flexibility.

Mia enjoyed the dynamic stretching warm-ups at the beginning of each physical education class.

**EFFORT**

*noun*

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

Oliver put a lot of effort into his running

because he wanted to improve his speed.

**EMOTIONAL HEALTH**

*noun*

The ability to control thoughts,

feelings, and behaviors in order

to maintain positive relationships

with self and others.

Mindful breathing is one strategy that we can use to help us maintain good emotional health.

**EMPOWER**

*verb*

To provide motivation, resources, and confidence to a person or a group so that they grow stronger and more confident in controlling their life and claiming their rights.

Learning proper running technique can empower

people to be physically active for a lifetime.

**ENCOURAGE**

*verb*

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

Caleb liked to encourage his classmates

while they were running their races.

**ENCOURAGEMENT**

*noun*

Support, confidence,

or hope offered by someone or some event.

Sofia ran faster when she received

encouragement from her classmates.

**EXERTION**

*noun*

A physical or mental effort.

It was incredible to watch the exertion given by the relay team when they beat their personal best.

**FEEDBACK**

*noun*

Information provided in reaction to a performance, action, or piece of work.

The students gave each other feedback

about how to improve their running posture.

**FITNESS RUNNING**

*noun*

A lifetime activity in which

individuals participate in running for personal health benefits, enjoyment, and social interaction.

Many people enjoy fitness running as a way to be physically active throughout their lives.

**FORM**

*noun*

A particular way in

which a thing moves,

exists or appears.

Maintaining good form can help

you run more efficiently.

**HEART RATE**

*noun*

The speed at which the

heart is beating, measured

in beats per minute.

The students checked their heart rate at various times throughout physical education class to see how their bodies responded to activity.

**HEART RATE ZONES**

*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.

When running for a long distance you should

be in a different heart rate zone than when

running a short sprint.

**JIGSAW TEACHING**

*noun*

A method of organizing learning activities with each student taking the responsibility for learning and then teaching one part of a skill or concept to their peers.

Elijah found that he learned best when he was

asked to teach his classmates certain skills

during jigsaw teaching activities.

**KILOMETER**

*noun*

A metric unit of measure equal to 1,000 meters (approximately 0.62 miles).

A 5K race is 5 kilometers, which is 3.1 miles long.

**MARATHON**

*noun*

A long-distance running

race of 26.2 miles.

Brian and Stephanie trained all year

to run the New York City Marathon.

**MENTAL HEALTH**

*noun*

A person's psychological and emotional well-being.

Fitness running is a great lifetime activity that helps us improve and maintain good mental health.

**MINDFUL**

*adjective*

A state of awareness relating to one’s immediate surroundings as well as the activity happening around them.

When running in a group, it's important

to be mindful of those around you so you

don't run into anyone.

**OPTIMISM**

*noun*

A feeling of hopefulness and

confidence about the future or

the success of something.

Although Jayden wasn't a fast runner, he had a feeling of optimism that he would be able to improve his speed by the end of the fitness running module.

**PERSONAL BEST**

*noun*

The best time or score ever achieved by an individual or team in a particular event or performance.

Coach Miller ran set a new personal best in the Apple Festival 5K by running the race a full 2 minutes faster than she had before.

**PACE**

*noun*

A consistent and continuous

speed in walking, running or any movement over an extended duration.

Hailey set a goal to improve her running pace

by the end of the fitness running module.

**PHYSICAL HEALTH**

*noun*

An individual's

biological well-being.

Regular physical activity like fitness running

is one way to improve your physical health.

**POSITIVE**

*adjective*

Constructive, optimistic,

or confident.

Having positive feelings about what you are doing can make it easier to complete a challenging task.

**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.

Ava used positive language when encouraging

her teammates to finish their run.

**PROTOCOL**

*noun*

Accepted or established procedures or behaviors within a group, organization, or situation.

It's important to follow safety protocol during physical activity to avoid injuries.

**RELAY**

*noun*

A race between teams with

each team member covering part of the total distance.

The class was split into groups of 4

to run the 4x100 relay.

**RHYTHM**

*noun*

A uniform pattern of sound or movement.

Once Noah found a good rhythm,

he enjoyed running long distances.

**RPE**

**(RATE OF PERCEIVED EXERTION)**

*noun*

A way to measure exercise intensity based on how hard an individual feels their body is working.

Emma used her RPE to find a pace that

would allow her to complete the 3 kilometer run.

**SAFE**

*adjective*

Protected against physical, social, and emotional harm.

Because his teammates were so supportive, Thomas felt safe when telling them he was

nervous about running a relay.

**SAFETY**

*noun*

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

Safety is an important part of a positive learning environment in physical education class.

**SELF-REGULATION**

*noun*

The process of internal control or guidance without the need for intervention from outside assistance.

Lauren's self-regulation skills helped her manage the challenge of running a 3K.

**SELF-TALK**

*noun*

Talking to yourself, either aloud

or silently, as a part of thinking

and processing situations and the

world around you.

Positive self-talk can make it easier

to persevere through challenges.

**SHADOW**

*noun*

To closely follow and copy the actions of another.

Isabella copied her partner's pace and

form during the shadow running activity.

**SKILL**

*noun*

An ability specific to a task.

Practicing fundamental athletic skills

helps runners avoid injury.

**STATIC STRETCHING**

*noun*

A gradual, slow stretch in which the end position is held for a short time (10-60 seconds).

Static stretching should be done when

muscles are warm from physical activity.

**SUPPORT**

*verb*

To give help. To be actively interested in the success of a person, group, or community.

Jose realized that offering support

to his classmates made him feel good.

**TEAM**

*noun*

A group of people working together toward a common goal or aspiration.

The boys relay team worked hard

in practice to improve their race time.

**TEAMMATE**

*noun*

A fellow member of a cooperative group.

Zoe tried to be a good teammate

by encouraging her classmates while they ran.

**TECHNIQUE**

*noun*

A skillful or efficient way of performing an activity.

Aiden noticed that when he improved

his technique, he could run faster.

**TIME TRIAL**

*noun*

A test of an individual's speed over a set distance.

The students used information from the

time trial to set a pace for a longer run.

**VALUE**

*noun*

The importance, worth, or usefulness of something.

Mateo learned to value running as a way

to improve his physical health.