

1V1

(noun)

A sport/game situation in which one defensive player challenges one offensive player.

Alex and Micah played **1v1** soccer, with Alex trying to score on offense and Micah trying to steal the ball on defense.



BONE

(noun)

Hard, whitish tissue that makes up the skeleton in humans and other vertebrates.

We have to keep our muscles and our **bones** strong if we want to live long, healthy lives.



BRAIN

(noun)

An organ of soft nervous tissue contained in the skull of vertebrates, functioning as the coordinating center of sensation and intellectual and nervous activity.

Sydney loves the challenge of using her **brain** to solve all the questions the teacher asks.



BREATHING

(verb)

The process of taking air into and expelling it from the lungs.

Nick was **breathing** hard after running for a long time.



CARDIORESPIRATORY ENDURANCE

(noun)

The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.

Tristan improved his **cardiorespiratory endurance** by doing jumping jacks until he felt his heart rate and breathing get faster.



CHALLENGE

(noun)

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

It was a **challenge** to try and catch my partner before they got to the other side of the activity area because they were very fast.



CHASE

(verb)

To pursue an individual, group, or object in an effort to catch it.

Keep an eye on a person's hips when you are **chasing** them in order to see where they will go next.



DIRECTION

(noun)

The course along which something moves.

Caleb decided to change **direction** by stopping, turning, and going back to where he started.



DODGE

(verb)

To avoid someone or something by quickly moving the body in a direction other than the original line of movement.

Ben tried to **dodge** Evan by jumping over the rope in front of him.



ENERGY

(noun)

The strength and vitality required for sustained physical or mental activity.

Josh used up all of his **energy** to get to the other side of the gym without getting tagged.



ETIQUETTE

(noun)

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

John followed class **etiquette** in P.E. by taking turns with equipment and listening respectfully to the ideas of others.



FAST

(adjective)

Able to move or act at a high speed.

Dylan was **fast** as he ran through the cones so that no one could catch him.



FLEE

(verb)

To run away from a place or situation in order to escape a consequence.

Alex needed to start **fleeing** if he wanted to avoid getting caught.



FLEXIBILITY

(noun)

The ability to bend and move the joints through the full range of motion.

Zoe's **flexibility** was the best in the class because she always followed her P.E. teacher's advice to properly warm up and cool down when exercising.



GALLOP

(verb)

To perform a sliding movement in a forward direction.

During P.E. class, students were asked to move like a horse, so they **galloped**.



GENERAL SPACE

(noun)

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

In P.E. class, we share **general space** so that everyone can move safely within the activity area.



HEART

(noun)

The muscular organ that pumps blood through the body.

When Joshua plays tag in P.E. class, his **heart** beats faster.



HEARTBEAT

(noun)

A single pulsation of the heart.

If you place your hand on your chest, you can feel your **heartbeats**.



HEART RATE

(noun)

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

Nancy checks her **heart rate** before and after exercise and knows that when she moves faster, her **heart rate** increases.



HOP

(verb)

A locomotor movement in which the performer takes off on one foot and lands on the same foot.

During a game of hopscotch, Sarah **hopped** three times before picking up the beanbag.



HYDRATION

(noun)

The process of drinking the correct amount water needed to keep your body working right.

Bruce drinks water before, during, and after exercise because proper **hydration** helps him perform his best.



INTENSITY

(noun)

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

Don't make your exercise **intensity** higher than your body can handle, or you could become injured.



LOCOMOTOR SKILLS

(noun)

**The basic ways to move
your body through space.**

Dane's favorite **locomotor skill** is a skip, but
Betsy likes to run.



LUNGS

(noun)

Either of two saclike respiratory organs in the chest of vertebrates; serves to remove carbon dioxide and provide oxygen to the blood.

Tom shouted at the top of his **lungs** so that Mary could hear him over the sound of the music.



MUSCLE

(noun)

A bundle of fibrous tissue inside the body of a person or animal that can tighten and contract in order to move or maintain the position of body parts.

Strengthening our **muscles** helps us to do everyday things, like climbing on the playground and lifting gigantic invisible dumbbells.



NUTRITION

(noun)

The process of providing or obtaining the food necessary for health.

Julie chooses healthy foods because she knows that **nutrition** is important if she wants to grow and be healthy.



OXYGEN

(noun)

A colorless, odorless chemical element that is the life-supporting component of the air.

When you are in good physical shape, your body uses **oxygen** more efficiently, so your heart doesn't have to work as hard during exercise.



PERSONAL SPACE

(noun)

The area around a person in which they feel comfortable but would become uncomfortable if someone or something enters.

It's important to respect everyone's **personal space** during activities so that we can all learn and safely move in the activity area.



RESPECT

(verb)

To appreciate someone or something as a result of their abilities, qualities, or achievements.

I respect my classmates because they come to class and work hard to improve.



RESPONSIBILITY

(noun)

The state of having a duty or obligation.

Completing the self-assessment was a **responsibility** that Jackson took very seriously.



RUN

(verb)

A transfer of weight from one foot to the other that involves momentary loss of contact with the floor or ground by both feet; similar to walking but with a longer stride.

During the game of tag, Michael needed to **run** quickly in order to avoid being tagged.



SIDE-SLIDE

(verb)

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

While playing goalie, Cameron **side-slides** to quickly get into position and make a save.



SKIP

(verb)

To perform a step-hop combination.

Lillie liked to **skip** along the sidewalk on her way to school each morning.



SLOW

(adjective)

Moving or acting 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.

