

ACTIVELY ENGAGE

(verb)

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

*Caroline **actively engages** in physical education class in order to get as much physical activity as possible.*



BALANCE

(noun)

An even distribution of weight which allows someone or something to stay upright and steady.

*Lauren jumped and then landed on two feet in order to keep her **balance** and not fall down.*



CLOCKWISE

(adverb)

Movement in the same direction as the way the hands of a clock move around.

*Together, the group moved **clockwise** around the perimeter of the activity area.*



COUNTER-CLOCKWISE

(adverb)

Movement in the direction opposite from the way the hands of a clock move around.

*The class moved the parachute **counter-clockwise** by walking around to their right.*



CONTROL

(verb)

To manage or regulate the movement or actions of something.

*Kira was able to **control** the scarf by throwing it carefully into the air.*



DEMONSTRATE

(verb)

**To show or perform an action
for others to see.**

*Phillip was about to **demonstrate** an accurate throw and a catch while the class watched.*



DIRECTION

(noun)

One of the ways the body can move in space (e.g. forward, backward, right, left, up, down, clockwise, counterclockwise).

*Jamie's favorite game at the arcade is the Claw Machine because she likes to move the handle in different **directions**, attempting to grab one of the stuffed animals.*



EFFORT

(noun)

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.

*Henry knows the **effort** he applies when pitching a baseball directly affects how the ball moves.*



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.*



HORIZONTAL

(adjective)

Parallel to the level ground.

*When Superman flies through the air, he is in a **horizontal** position.*



LEVEL

(noun)

Position of the body or its parts in relation to the floor, a person, or a piece of equipment.

*Sophia knew that the three **levels** include low, medium, and high.*



LOCOMOTOR SKILL

(noun)

A type of movement used to get from place to place.

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



GALLOP

(verb)

A sliding movement performed in a forward direction.

*During physical education, students were asked to move like a horse, so they **galloped**.*



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.*



JOG

(verb)

**A run performed at a steady,
gentle pace.**

*Melissa **jogged** around the block on a regular basis as a form of physical activity.*



JUMP

(verb)

A locomotor movement in which the performer takes off on one or both feet and lands on two feet.

*Kevin **jumps** into the air when taking a shot with the basketball.*



LEAP

(verb)

A locomotor skill in which the performer takes off from one foot and lands on the opposite foot.

*While taking a hike, Olivia **leaped** over a puddle that was obstructing the trail.*



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** fast to avoid being tagged.*



SIDE-SLIDE

(verb)

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

*When playing goalie, Cameron used a **side-slide** to quickly get into position and make a save.*



SKIP

(verb)

A step-hop combination executed in an uneven rhythm, alternating the lead foot.

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



WALK

(verb)

A transfer of weight from one foot to the other that involves alternately losing balance and recovering it while moving forward or backward.

*Mrs. Parker expects the students in her class to **walk** when they are in the hallway.*



MANIPULATIVE SKILL

(noun)

A movement done to or with objects such as throwing, striking, and catching.

*Preston was performing the **manipulative skills** of both throwing and catching while playing with the Frisbee.*



MATURE

(adjective)

Fully developed.

*Izzi demonstrated a **mature** throw, using all of the skill cues that we learned in class.*



MOVEMENT CONCEPTS

(noun)

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

*At the end of the school year, Lucas was able to recall a number of **movement concepts** he learned in physical education.*



PATHWAYS

(noun)

**Routes of movement in space:
straight, curved, zigzag, or
combinations of the three.**

*As a football player, Marcus knows that he must vary the **pathways** he uses to travel in order to evade the defenders.*



RELATIONSHIP

(noun)

In physical education, this refers to how two objects or people are associated with one another (e.g. above/below, leading/following).

*Leah realized that she had two different **relationships** when practicing basketball with the team. The first was that she was friends with her group, and the second was that they were practicing next to the hoop.*



RHYTHM

(noun)

A strong, repeated pattern of movement or sound.

*Jeff was skipping to the **rhythm** of his favorite song.*



SAFE

(noun)

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

*Rahim stays **safe** by following all safety rules in physical education class in order to protect himself and his classmates from injury.*



SELF-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 **self-space** in physical education class so that we can all learn without feeling uncomfortable.*



TRANSFER OF WEIGHT

(verb)

A change in the center of gravity beyond its base of support in order to create movement or generate force.

*Kristen **transferred** her weight by performing a cartwheel.*



VERTICAL

(adjective)

Perpendicular to the level ground.

*Alyssa noted that tree trunks, telephone poles, and the chains for swings are all in **vertical** positions.*

