

Physical Education Terms Tier Two

Ability

noun : a skill or talent; the power to do something

Achieve

verb : to succeed in doing or gaining something, usually with effort

Achievement

noun : an accomplishment reached as a result of effort

Active

adjective : in a state of activity; having or requiring a lot of physical energy

Activity

noun : the quality of being active

Adrenaline

noun : a hormone made by the body that increases heart rate and energy in response to a strong emotion such as fear, anger, or excitement

Aerobics

noun : exercises that increase respiration and heart rate

Agile

adjective : able to move one's body quickly and accurately

Agility

noun : the ability to move quickly and easily

Athlete

noun : a person trained in sports, games, or other activities that require strength, speed, and skill

Athletic

adjective : strong and active

Athletics

noun : active games and sports that require strength, speed, and skill

Biking

noun : the activity of riding a bicycle

Bounce

verb : to spring back from a surface after hitting it

Champion

noun : a person who wins over all others

Physical Education Terms Tier Two

Clumsy

adjective : awkward in the way one moves

Confident

adjective : sure of oneself; certain

Contort

verb : to twist out of shape

Cooperation

noun : working together toward the same goal

Coordination

noun : the ability of parts of things to work together smoothly

Cycle

verb : to ride a bicycle, tricycle, or motorcycle

Cyclist

noun : a bicycle rider

Dash

noun : a short running event

Determined

adjective : having one's mind made up to do something

Dumbbell

noun : a short bar with weights at both ends

Effort

noun : hard work or a good try

Endurance

noun : the ability to make it through suffering and strain

Endure

verb : to live through something challenging

Energetic

adjective : active and excited

Exercise

noun : physical activity done for the purpose of being fit and healthy

Physical Education Terms Tier Two

Exhausted

adjective : very tired; worn out

Exhaustion

noun : extreme tiredness

Feat

noun : an amazing action or accomplishment

Flexibility

noun : the ability to bend without breaking; the ability to change as outside circumstances change

Flexible

adjective : able to bend without breaking

Force

noun : the strength or energy that moves an object

Goal

noun : something that one is trying to do or accomplish

Grueling

adjective : extremely difficult; exhausting

Gymnasium

noun : a room or building used for indoor sports or physical exercise and training

Heart

noun : a person's character or spirit

Immobility

noun : stillness; lack of movement

Improve

verb : to do something better than before

Injure

verb : to harm or damage a living thing

Jog

verb : to run slowly

Muscle

noun : a type of tissue that contracts and relaxes to allow the body to move

Physical Education Terms Tier Two

Obesity

noun : the state of being unhealthily overweight

Outstanding

adjective : exceptionally good; standing out from others

Overcome

verb : to win a victory or rise above something

Pace

noun : the speed at which something or someone moves, especially when walking or running

Pedal

verb : to move a bicycle forward by pushing its pedals

Physical

adjective : having to do with the body or with natural or structural aspects or features

Physical education

noun : a class in which students learn about exercise, sports, and health

Posture

noun : the way someone holds his or her body, especially while sitting or standing

Power

noun : physical strength or force

Practice

verb : to do something over and over again, often for the purpose of getting better at it

Prepare

verb : to make something or oneself ready

Prevention

noun : an act of stopping something from happening

Program

noun : a structured course of activities or training

Pulse

noun : the heartbeat as felt through the walls of blood vessels

Quickly

adverb : fast; with speed

Physical Education Terms Tier Two

Repetition

noun : the act of doing or performing something over again

Roller-skate

verb : to glide on a hard surface while wearing roller skates

Somersault

noun : an acrobatic move that involves rolling the body all the way around with knees bent, either on the ground or in the air

Sprain

noun : a painful injury to the ligaments of a joint

Spring

verb : to leap up or forward

Sprint

verb : to run or go as fast as possible, usually for a short distance

Stamina

noun : the strength or energy to do something for a long time

Strain

verb : to make a great effort or extend beyond one's ability; to push or pull hard against something

Strength

noun : physical power

Strengthen

verb : to make something stronger

Strenuous

adjective : requiring great effort, energy, or strength

Stress

noun : a state of physical or emotional tension; worry

Technique

noun : a skillful way of performing or doing something

Tumble

verb : to roll on the ground, sometimes by accident; to roll while doing gymnastics or acrobatics

Workout

Physical Education Terms Tier Two

noun : a session of intense physical exercise

Yank

verb : to pull on something suddenly and forcefully