**PE WORD OF THE DAY**

1. ACADEMIC LANGUAGE- VOCABULARY THAT IS SPECIFIC TO A CONTENT AREA

2. PHYSICAL EDUCATION- COURSE IN PHYSICAL EXERCISE AND GAMES

3. HEALTH EDUCATION-COURSE THAT OFFERS SKILLS NEEDED TO MAKE QUALITY, HEALTH DECISIONS

4. CONTENT- THE SUBJECT MATTER

5. STANDARDS- A LEVEL OF QUALITY, AN IDEA OR THING USED TO MEASURE, NORM, OR MODEL IN COMPARATIVE EVALUATIONS

6. VISION- ABILITY TO PLAN THE FUTURE WITH IMAGINATION OR WISDOM

7. MISSION-A SHORT STATEMENT OF AN ORGANIZATION'S PURPOSE

8. BELIEF- AN ACCEPTANCE THAT A STATEMENT IS TRUE

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10. COED-PE MODEL- CLASSROOM MANAGEMENT/ ORGANIZATION/ EQUIPMENT/ DEDICATION/ PASSION/ EVERY STUDENT ACCOUNTABLE

11. SUCCESS MODEL- PROMPT/PREPARED/DRESS OUT/PARTICIPATE/EQUIPMENT

12. GOAL-THE RESULT OR ACHIEVEMENT TOWARD WHICH EFFORT IS DIRECTED

13. JOB (STUDENT DRIVEN)- A TASK OR PIECE OF WORK

14. EXCITEMENT (GET EM HOOKED)- FEELING OF GREAT ENTHUSIASM

PHILOSOPHY- A STATEMENT THAT ESTABLISHES THE VALUES, BELIEFS, AND GUIDELINES FOR THE WAY AN ORGANIZATION CONDUCTS ITS BUSINESS.15. SPORT ACTIVITIES- COMPETITIVE PHYSICAL ACTIVITY OR GAMES

16. POSITIVE ATTITUDE- POSITIVE FEELING OR EMOTION TOWARD A FACT OR STATE

17. WORK ETHIC- PRINCIPLE THAT HARD WORK IS INTRINSICALLY WORTHY OF REWARD

18. TEAM PLAYER-PERSON WHO PLAYS OR WORKS WELL WITH OTHERS

19. LIFE- THE EXISTENCE OF A HUMAN BEING

20. TIME- INDEFINITE CONTINUED PROGRESS OF EXISTENCE AND EVENTS IN THE PAST, PRESENT AND FUTURE

21. PLANNING- THE PROCESS FOR ORGANIZING FOR SOMETHING

22. ORGANIZATION- ORGANIZED BODY OF PEOPLE WITH A PARTICULAR PURPOSE

23 TIME MANAGEMENT-PROCESS OF ORGANIZING AND PLANNING HOW TO DIVIDE YOUR TIME BETWEEN ACTIVITIES

24. SPACE- POSITION AT A DISTANCE FROM ONE ANOTHER

25. FACILITIES- A PLACE PROVIDED FOR A PARTICULAR PURPOSE

26. EQUIPMENT- NECESSARY ITEMS FOR A PARTICULAR PURPOSE

27. FITNESS- THE CONDITION OF BEING PHYSICALLY FIT AND HEALTHY

28. SAFETY- CONDITION OF BEING PROTECTED FROM HARM

29. TUCK- HOLD SOMETHING IN PLACE

30. GRIP- FIRM HOLD OR GRASP TIGHTLY

31. STANCE- THE WAY IN WHICH SOMEONE STANDS

32. FOOTWORK- ACTIVITY OF MOVING FROM PLACE TO PLACE

33. SKILLS- ABILITY TO CARRY OUT A TASK

34. DRILLS- ACTIVITIES THAT IMPROVE MOTOR SKILLS

35. GROUPING-SET OF PEOPLE ACTING TOGETHER WITH A COMMON PURPOSE

36. TRANSITION-PROCESS OF CHANGING FROM ONE STATE TO ANOTHER

37. CUE (VERBAL AND NON VERBAL)- TO GIVE A SIGNAL

38. FACT- FORCE/ANGLE/CONTACT POINT/TRAJECTORY

39. ASSESSMENT-TO EVALUATE SOMETHING

40. FEEDBACK-INFORMATION ABOUT A PERSON'S PERFORMANCE

41. CONSTRUCTIVE CRITICISM-PROCESS OF OFFERING VALID OPINIONS ABOUT THE WORK OF OTHERS

42. CARDIORESPIRATORY ENDURANCE- ABILITY OF THE HEART, LUNGS AND CIRCULATORY SYSTEM TO DELIVER OXYGEN TO WORKING MUSCLES FOR SUSTAINED PERIODS OF TIME

43. MUSCULAR STRENGTH- AMOUNT OF FORCE A MUSCLE CAN PRODUCE WITH A SINGLE MAXIMAL EFFORT

44. MUSCULAR ENDURANCE, ABILITY OF A MUSCLE OR A GROUP OF MUSCLES TO REPEATEDLY EXERT FORCE AGAINST RESISTANCE

45. FLEXIBILITY- ABILITY OF THE JOINTS TO MOVE THROUGH A FULL RANGE OF MOTION

46. BODY COMPOSITION- PERCENTAGE OF FAT TO MUSCLE

47. BALANCE- EVEN DISTRIBUTION OF WEIGHT IN ORDER TO STAY STEADY

48. COORDINATION- ABILITY TO USE DIFFERENT PARTS OF THE BODY EFFICIENTLY

49. AGILITY-ABILITY TO MOVE QUICKLY AND EASILY

50. POWER- ABILITY TO DO SOMETHING

51. SPEED- RATE AT WHICH SOMETHING IS DONE

52. REACTION TIME- AMOUNT OF TIME IT TAKES TO RESPOND

53. MOTOR SKILLS- ABILITY TO PERFORM COMPLEX MUSCLE AND NERVE ACTS THAT PRODUCE MOVEMENT

54. HEART RATE- NUMBER OF HEART BEATS

55. FITT-FREQUENCY/INTENSITY/TIME/TYPE

56. COMMUNICATION- THE CONNECTION BETWEEN PEOPLE

57. RELATIONSHIPS- THE WAY IN WHICH A GROUP OF PEOPLE BEHAVE TOWARDS EACH OTHER

58. FORM RUNNING- MOVE AT A SPEED FASTER THAN A WALK

59. THROW-TO PROPEL WITH FORCE THROUGH THE AIR

60. CATCH- TO INTERCEPT OR HOLD SOMETHING THAT HAS BEEN THROWN

61. BASE RUNNING- ACT OF RUNNING AROUND THE BASES

62. FIELDING- HANDLING A BALL WHILE PLAYING THE FIELD

63. BATTING- TAKING TURNS IN THE ROLE OF HITTING

64. TEAMWORK- COMBINED ACTION OF A GROUP OF PEOPLE

65. SPORTSMANSHIP- GENEROUS BEHAVIOR OR TREATMENT OF OTHERS

66. FOREHAND- A STROKE PLAYED WITH THE PALM OF THE HAND FACING THE DIRECTION OF THE STROKE WITH THE ARM AWAY FROM THE BODY

67. BACKHAND- A STROKE PLAYED WITH THE BACKHAND FACING IN THE DIRECTION OF THE STROKE WITH THE ARM CROSSING THE BODY

68. LIFE SKILLS- A SKILL THAT IS NECESSARY OR DESIRABLE FOR A FULL LIFE

69. SERVE- AN ACT OR TURN OF HITTING THE BALL TO START PLAY

70. RECEIVER- A PERSON THAT RECEIVES THINGS

71. LISTENING- TO GIVE ONE'S ATTENTION TO SOUNDS

72. NOTE-TAKING- THE PRACTICE OF WRITING DOWN PIECES OF INFORMATION

73. CHARACTER- A MENTAL OR MORAL QUALITY DISTINCTIVE TO AN INDIVIDUAL

74. INTEGRITY- THE QUALITY OF BEING HONEST AND HAVING STRONG MORALS

75. LEGACY- SOMETHING HANDED DOWN FROM AN ANCESTOR OR PREDECESSOR

76. PASSION-STRONG EMOTION

77. MOVE-TO GO IN A SPECIFIC DIRECTION

78. SPACE- A CONTINUOUS AREA THAT IS FREE OR AVAILABLE

79. DODGING- A VOID BY A QUICK, SUDDEN MOVEMENT

80. TOURNAMENT- A SERIES OF CONTESTS BETWEEN A NUMBER OF COMPETITORS WHO COMPETE FOR A PRIZE

81. STRIKE-HIT FORCIBLY AND DELIBERATELY WITH 1 HAND

82. DEFENSE- THE ACTION OF DEFENDING FROM OR RESISTING ATTACK

83. OFFENSE- THE ACTION OF ATTACKING

84. COOPERATION- THE PROCESS OF WORKING TOGETHER TOWARDS A SHARED GOAL

85. STRATEGY- A PLAN OF ACTION TO ACHIEVE AN OVERALL AIM

86. WELLNESS- STATE OF BEING IN IN GOOD HEALTH

87. EXERCISE- ACTIVITY REQUIRING PHYSİCAL EFFORT

88. NUTRITION- THE PROCESS OF OBTAINING FOOD IN ORDER TO OBTAIN GOOD HEALTH AND GROWTH

89. DRUGS- A SUBSTANCE TAKING FOR ITS EFFECTS WHICH IS OFTEN ILLEGAL

90. ALCOHOL-INTOXICATING LIQUID IN WINE, BEER, AND LIQUOR

91. TOBACCO-THE PLANT THAT IS USED TO PROCESS CIGARETTES, CIGARS, SNUFF AND CHEWING TOBACCO

92. FIRST AID-HELP GIVEN TO A SICK OR INJURED PERSON

93. R.I.C.E.-REST/ICE/COMPRESSION/ELEVATION

94. CPR- CARDIOPULMONARY RESUSCITATION

95. DECISION MAKING- ACT OF CHOOSING 2 OR MORE COURSES OF ACTION

96. TASK- A PIECE OF WORK TO BE DONE OR UNDERTAKEN

97. CONTROL-THE POWER TO INFLUENCE OR DIRECT PEOPLE’S BEHAVIOR

98. SHOOTING-THE ACTION OR PRACTICE OF SHOOTING AN OBJECT

99. SAFETY- THE CONDITION OF BEING PROTECTED FROM DANGER

100. LIFETIME ACTIVITIES- ACTIVITIES THAT CAN BE PLAYED AT ANY AGE

101. COURT- AN AREA MARKED FOR GAMES

102. SWING- MOVE BACK AND FORTH WHILE BEING SUPPORTED BY AN AXIS

103. ROTATION- THE ACTION OF ROTATING AROUND AN AXIS

104. RESILIENCY- THE CAPACITY TO RECOVER FROM DIFFICULTIES

105. SELF ESTEEM- CONFIDENCE IN ONE'S OWN WORTH OR ABILITIES

106. INVASION GAMES- A GAME WHERE THE AIM IS ATTACK ANOTHER OPPONENTS TERRITORY AND SCORE A POINT

107. NET ACTIVITIES- ACTIVITIES THAT UTILIZE NETS SUCH AS BADMINTON OR TENNIS

108. OPPOSITION- RESISTANCE OF A GROUP OF COMPETITORS

109. WEIGHT TRANSFER- PROCESS OF TRANSFERRING ONE’S WEIGHT FROM ONE BODY PART TO ANOTHER

110. BONES- MATERIAL THAT MAKES UP THE HUMAN SKELETON

111. MUSCLES- A BUNDLE OF TISSUE THAT CONTRACTS, PRODUCING MOVEMENT AND A CHANGE IN POSITION OF BODY PARTS

112. INTEGRATION- ACT OF COMBINING WITH ANOTHER SO THEY BECOME WHOLE

113. CONCENTRATION- ACTION OR POWER OF FOCUSING ONE’S ATTENTION OR MENTAL EFFORT.

114. SET- A NUMBER OF THINGS THAT BELONG TOGETHER

115. REP- A REPETITION OF A SET OF EXERCISES

A QUALITY OR STATE OF BEING CORRECT OR PRECISE

116.ACCOUNTABILITY- STATE OF BEING LIABLE

117. LIFE LONG LEARNER- THE ONGOING PURSUIT OF KNOWLEDGE

118. WINNER-A PERSON OR THING THAT WINS SOMETHING

119. EXTENSION-THE ACT OF EXTENDING, LENGTHENING, OR ENLARGING SOMETHING

120. B.E.E.F.-BALANCE/EYES/ELBOW/FOLLOW THROUGH

121. SUPINATION- ROTATION OF THE FOREARM SO THE PALM FACES UP

122. PRONATION- ROTATION OF THE FOREARM WHERE THE PALM FACES DOWNWARD

123. DOMINANT- CONTROLLING WITH A STRONG BODY PART

124. NON DOMINANT- CONTROLLING WITH A WEAKER BODY PART

125. SPIN ROTATION- CIRCULAR MOVEMENT OF AN OBJECT AROUND THE CENTER OF ROTATION

126. TARGET- A PERSON, OBJECT OR PLACE SELECTED AS THE AIM OF AN ATTACK

127. TORQUE- TWISTING FORCE THAT TENDS TO CAUSE THE ROTATION

128. VELOCITY- THE SPEED OF SOMETHING IN A GIVEN DIRECTION

129. MOMENTUM- A QUANTITY OF MOTION OF A MOVING BODY MEASURED AS A PRODUCT OF ITS MASS AND VELOCITY

130. ACCELERATION- CAPACITY TO GAIN SPEED WITHIN A SHORT TIME

131. ASCEND- TO GO UP OR CLIMB

132. DESCEND- TO MOVE OR FALL DOWNWARD

133. ACCURACY- A QUALITY OR STATE OF BEING CORRECT OR PRECISE

134. ABSORPTION- THE PROCESS BY WHICH ONE THING ABSORBS OR IS ABSORBED BY ANOTHER

135. STRESS- PRESSURE OR TENSION EXERTED ON A MATERIAL OBJECT

136. DISEASES- A DISORDER OF STRUCTURE OR A FUNCTION IN A HUMAN, ANIMAL, OR PLANT THAT PRODUCES SPECIFIC SIGNS OR SYMPTOMS

137. ADOLESCENCE- THE PERIOD FOLLOWING THE ONSET OF PUBERTY (CHILD TO AN ADULT)

138. FAMILIES- A GROUP CONSISTING OF PARENTS AND CHILDREN LIVING TOGETHER

139. ENVIRONMENTAL HEALTH- SURROUNDINGS THAT AFFECT HUMAN HEALTH

140. PUBLIC HEALTH- THE HEALTH OF THE POPULATION A S A WHOLE

141. HEALTH CARE SERVICES- MEDICAL TREATMENT GIVEN TO PATIENTS

142. HEALTH CARE PRODUCTS- MEDICAL DEVICES OR EXERCISE EQUIPMENT USED TO IMPROVE HEALTH

143. PEER PRESSURE- INFLUENCE FROM MEMBERS OF ONE'S PEER GROUP

144. ABSTINENCE- A CONSCIOUS DECISION TO REFRAIN FROM ALL RISKY BEHAVIORS

145. REST- CEASE WORK OR MOVEMENT IN ORDER TO RELAX

146. HYDRATE (WATER)- ABSORB WATER

147. PERSONAL HYGIENE- CARE FOR ONE'S BODILY HEALTH

148. FINANCIAL MANAGEMENT- ABILITY TO EFFECTIVELY MANAGE MONEY