**PE Vocabulary Baseline 1st Semester**

1. Being able to breathe oxygen easily while you are moving is
2. Pace
3. Coordination
4. Regular participation
5. Aerobic capacity
6. The differences that exist in the world, society or your school is
7. Type
8. Cultural diversity
9. Self-control
10. Force
11. The ability of the joints to move through a full range of motion is
12. Flexibility
13. Balance
14. Agility
15. Rhythm
16. The power of a muscle to keep working over a long period of time is
17. Muscular Strength
18. Time
19. Power
20. Muscular Endurance
21. The ability of a muscle to work over a short period of time is
22. Muscular strength
23. Agility
24. Weight
25. Muscular Endurance
26. The rate of speed when doing something is
27. Pace
28. Rhythm
29. Sequence
30. Speed
31. Getting along with your peers or small groups of peers is an example of good
32. Relationships
33. Self-control
34. Weight transfer
35. Cultural diversity
36. Repeating patterns of sound or movement is
37. Force
38. Speed
39. Time
40. Rhythm
41. The act of controlling your reactions, physical and emotional (body control, verbal control, physical control) is
42. Bullying
43. Self-control
44. Selfish
45. Cultural diversity
46. Putting movement in an order (beginning, middle, end) is
47. Rhythm
48. Coordination
49. Sequence
50. Self-control
51. BMI stands for
52. Body Mass Index
53. Body Moving Intensely
54. Big Monkey Institute
55. Balance Management Imperfection
56. What is the **BEST** tool in making nutritional decisions
57. Friends
58. Cravings
59. Menu
60. MyPlate

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| 1. How often you should exercise is   a) Type  b) Intensity  c) Power  d) Frequency |
| 1. How physically hard an activity is (easy, moderate, hard) 2. Agility 3. Power 4. Intensity 5. Force 6. Swimming, basketball, and running are examples of the \_\_\_\_\_\_\_\_\_\_\_\_\_ of fitness training.   a) Type  b) Balance  c) Reaction Time  d) Time   1. How long you should exercise is   a) Type  b) Pace  c) Time  d) Frequency   1. The PACER test assesses a person’s… 2. Muscular Strength 3. Muscular Endurance 4. Flexibility 5. Aerobic Capacity 6. The Sit and Reach test assess a person’s… 7. Muscular Strength 8. Muscular Endurance 9. Flexibility 10. Aerobic Capacity 11. The Curl up and Push up tests assess a person’s… 12. Muscular Strength 13. Muscular Endurance 14. Flexibility 15. Both A and B 16. The Trunk Lift test assesses a person’s… 17. Muscular strength 18. Flexibility 19. Aerobic Capacity 20. Both A and B |