

K-12 PHYSICAL EDUCATION VOCABULARY

Grades K-5:

Grade K		
Introduced	Continued	Mastered
Heart Rate		
Warm-Up		
Cool-Down		
Offense		
Defense		
Opposition		
Agility		
Balance		
Endurance		
Flexibility		
Coordination		
Power		
Reaction Time		
Body Composition		
Cardio-Endurance		
Muscle Endurance		
Muscle Strength		
Pacing		
Exercise		
Stretching		
Speed		
Frequency		
Intensity		
Time		
Type		

Grades 2-4		
Introduced	Continued	Mastered
	Heart Rate	
	Warm-Up	
	Cool-Down	
	Offense	
	Defense	
	Opposition	
	Agility	
	Balance	
	Endurance	
	Flexibility	
	Coordination	
	Power	
	Reaction Time	
	Body Composition	
	Cardio-Endurance	
	Muscle Endurance	
	Muscle Strength	
	Pacing	
	Exercise	
	Stretching	
	Speed	
	Frequency	
	Intensity	
	Time	
	Type	

K-12 PHYSICAL EDUCATION VOCABULARY

Grade 5		
Introduced	Continued	Mastered
		Heart Rate
		Warm-Up
		Cool-Down
		Offense
		Defense
		Opposition
		Agility
		Balance
		Endurance
		Flexibility
		Coordination
		Power
		Reaction Time
		Body Composition
		Cardio-Endurance
		Muscle Endurance
		Muscle Strength
		Pacing
		Exercise
		Stretching
		Speed
		Frequency
		Intensity
		Time
		Type

K-12 PHYSICAL EDUCATION VOCABULARY

Grades 6-8:

6 th Grade Continued	6 th Grade Introduced	6 th Grade Developed	7 th Grade Developed	8 th Grade Mastered
Pacing	FITT: Warm-Up	Heart Rate	Pulse	FITT: Frequency
Exercise	FITT: Cool-Down	Agility	Target Heart Rate	FITT: Intensity
Stretching	Offensive	Balance	Heart Rate	FITT: Time
	Defensive	Speed	Resting Heart Rate	FITT: Type
		Endurance	Agility	Pacing
		Flexibility	Balance	Exercise
		Coordination	Speed	Stretching
		Power	Endurance	Warm-Up
		Reaction Time	Flexibility	Cool-Down
		Body Composition	Coordination	Offensive
		Cardio Endurance	Power	Defensive
		Muscular Strength	Reaction Time	Pulse
		Muscular Endurance	Body Composition	Target Heart Rate
		Flexibility	Cardio Endurance	Heart Rate
			Muscular Strength	Resting Heart Rate
			Muscular Endurance	Agility
			Flexibility	Balance
			Pacing	Speed
			Exercise	Endurance
			Stretching	Flexibility
			Warm-Up	Coordination
			Cool-Down	Power
			Offensive	Reaction Time
			Defensive	Body Composition
			FITT	Cardio Endurance
				Muscular Strength
				Muscular Endurance
				Flexibility
				FITT

K-12 PHYSICAL EDUCATION VOCABULARY

Grades 9-12:

9 th Grade Intro	9 th Grade Mastery	Elective Intro	Elective Mastery
Atrophy	Overload	Pronation	Contraction
Mesomorph	Progression	Supination	Extension
Endomorph	Progressive Overload	Inversion	Flexion
Ectomorph	Body Mass Index (BMI)	Eversion	Periodization
Skinfold Test (% Body Fat)	SMART Goals	Adduction	Muscles
Sports Specific Skills	Specificity	Abduction	Tendons
Perceived Exertion	Isometric	Lateral Movement	Ligaments
Static	Isotonic	Anterior	Recovery Heart Rate
Dynamic	Frequency	Posterior	Perceived Exertion
Recovery Heart Rate	Intensity	Mesocycle	Mesomorph
Volley	Type	Macrocycle	Endomorph
Rally	Time	Microcycle	Ectomorph
Marking	HR (Heart Rate)	Rally Scoring	Body Mass Index (BMI)
Field/Court Awareness	THRZ (Target Heart Rate Zone)	Principle of Individual Differences	Skinfold Test (% Body Fat)
Transition Defense	MHR (Maximum Heart Rate)	Adaptation	Girth
Transition Offense	RHR (Resting Heart Rate)		Sedentary
Sedentary	Pulse (bpm)		Exercise
Exercise	Artery		Physical Activity
Physical Activity	Carotid Artery		CVD
CVD	Radial Artery		HBP
HBP	Hypertrophy		Type II Diabetes
Type II Diabetes	Sportsmanship		Osteoporosis
Osteoporosis	Offense		
	Defense		
	11 Components of Fitness		
	Body Composition		
	Flexibility		
	Muscular Strength		
	Muscular Endurance		
	Cardiovascular Endurance		
	Agility		
	Balance		
	Coordination		
	Reaction Time		
	Power		
	Speed		

K-12 PHYSICAL EDUCATION VOCABULARY

	Rest and Recovery		
--	-------------------	--	--