

PHYSICAL EDUCATION

Vocabulary Words

1. **Pace** -consistent and continuous speed in walking, running, or moving.
2. **Offense** -the team or players who are attempting to score or advance the ball.
3. **Defense** - the action or role of defending one's goal against the opposition.
4. **Flexibility** -the quality of bending easily without breaking.
5. **Strength** -the quality or state of being strong; physical power and energy.
6. **Endurance** -denoting or relating to a race or sporting event that takes place over a long distance or demands great physical stamina.
7. **Cardiovascular** -relating to the heart and blood vessels.
8. **Coordination** -the ability to use different parts of the body together smoothly and efficiently.
9. **Cooperation** -the process of working together to achieve the same goal.
- 10 **Repetitions** -a training exercise that is repeated, especially a series of repeated raisings and lowerings of the weight in weight training.