

Middle School Vocabulary Project

Physical Education

6 th Grade	7 th Grade	8 th Grade
aerobic	aerobic	aerobic
agility	agility	agility
anaerobic	anaerobic	anaerobic
balance	apparatus	apparatus
biomechanics	biomechanics	biomechanics
body composition	body composition	body composition
cardiorespiratory endurance	cardiorespiratory endurance	cardiorespiratory endurance
defense	defensive strategies	defensive strategies
flexibility	etiquette	etiquette
health-related fitness	flexibility	flexibility
heat cramps	health-related fitness	health-related fitness
heat exhaustion	heat cramps	heat cramps
heat stroke	heat exhaustion	heat exhaustion
manipulative skills	heat stroke	heat stroke
moderate physical activity	implement	implement
muscular endurance	manipulative skills	manipulative skills
muscular strength	moderate physical activity	moderate physical activity
offense	muscular endurance	muscular endurance
overload	muscular strength	muscular strength
power	offensive strategies	offensive strategies
progression	overload	overload
reaction time	power	power
rhythmic movement	progression	progression
skill-related fitness	reaction time	reaction time
specificity	skill-related fitness	skill-related fitness
speed	specificity	specificity
sportsmanship	speed	speed
target heart rate	sportsmanship	sportsmanship
vigorous physical activity	target heart rate	target heart rate
	vigorous physical activity	vigorous physical activity