**Some KEY VOCABULARY found in CDE Physical Education Standards**

**(Refer to standards for additional terminology.)**

**Elementary:**

Heart rate

Target heart rate

Pulse

Hydration and dehydration

Moderate exercise

Vigorous exercise

Warm-up

Cool-down

Healthy balanced meals

Offense and defense

Skill related fitness components – agility, balance, coordination, power, reaction time, speed

FITT principle – frequency, intensity, time and type

Health related fitness components – Body composition, cardiovascular endurance, flexibility, muscular strength, muscular endurance

**Middle school**

Same vocabulary as above, plus:

Fitness plan/Fitness log

Aerobic

Anaerobic

**High school:**

Same vocabulary as above, plus:

Training principles –specificity, progression, overload, reversibility, tedium (adaptation)