

Physical Education Alphabet Electronic Book



Read carefully, there is a fun
quiz at the end!

A

Acrobat



The **a**crobat performs a cartwheel.

B

Balance



Carefully, the student crosses the
balance beam.

C

Catch



The boy uses his hands to catch a scarf.

D

Dribble



The girl uses gentle taps to **d**ribble the ball.

E

Exercise



Exercise makes you strong and healthy.

F

Flexible



Gymnasts need to be very flexible.

G

Galloping



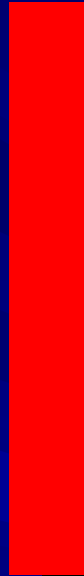
Galloping is performed with one foot behind the other.

H

Hopping



Hopping is performed on one foot only.



Inverted



When you are upside down you are
inverted.

J

Jumps



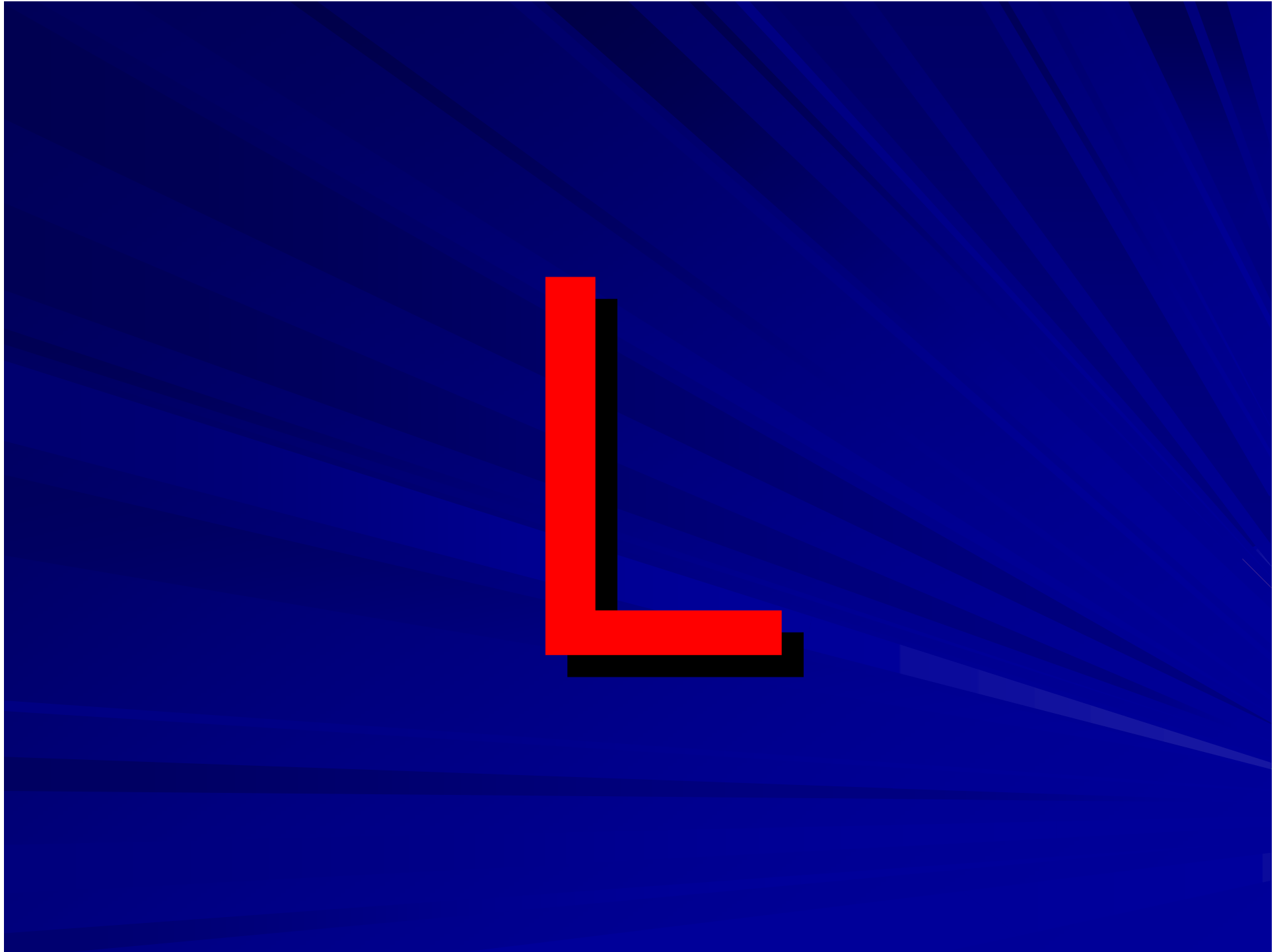
The girl **j**umps high into the air and then lands on two feet.

K

Kicking



Kicking a soccer ball is a good way to score a goal, and it's a lot of fun!



Leap



When you leap you take off on one foot and land on the opposite foot.

MM

Mirror



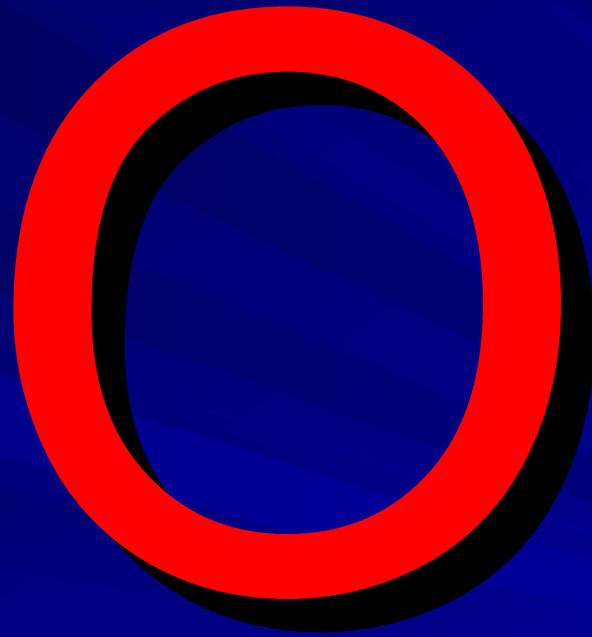
Partners **m**irror by facing each other.

N

Non-Symmetrical



Non-symmetrical is when you pose with one side of your body looking different from the other side.



Opposite



When throwing a ball you should step with your opposite foot.

P

Passing



Passing two balls at the same time is very difficult.

Q

Quick



To be quick you need to move VERY fast.

R

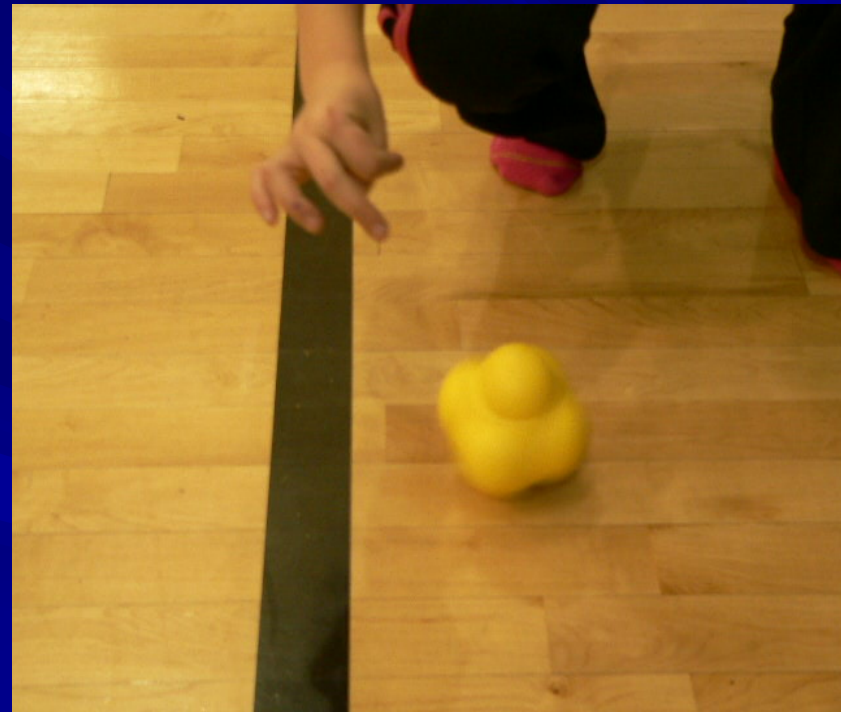
Roll



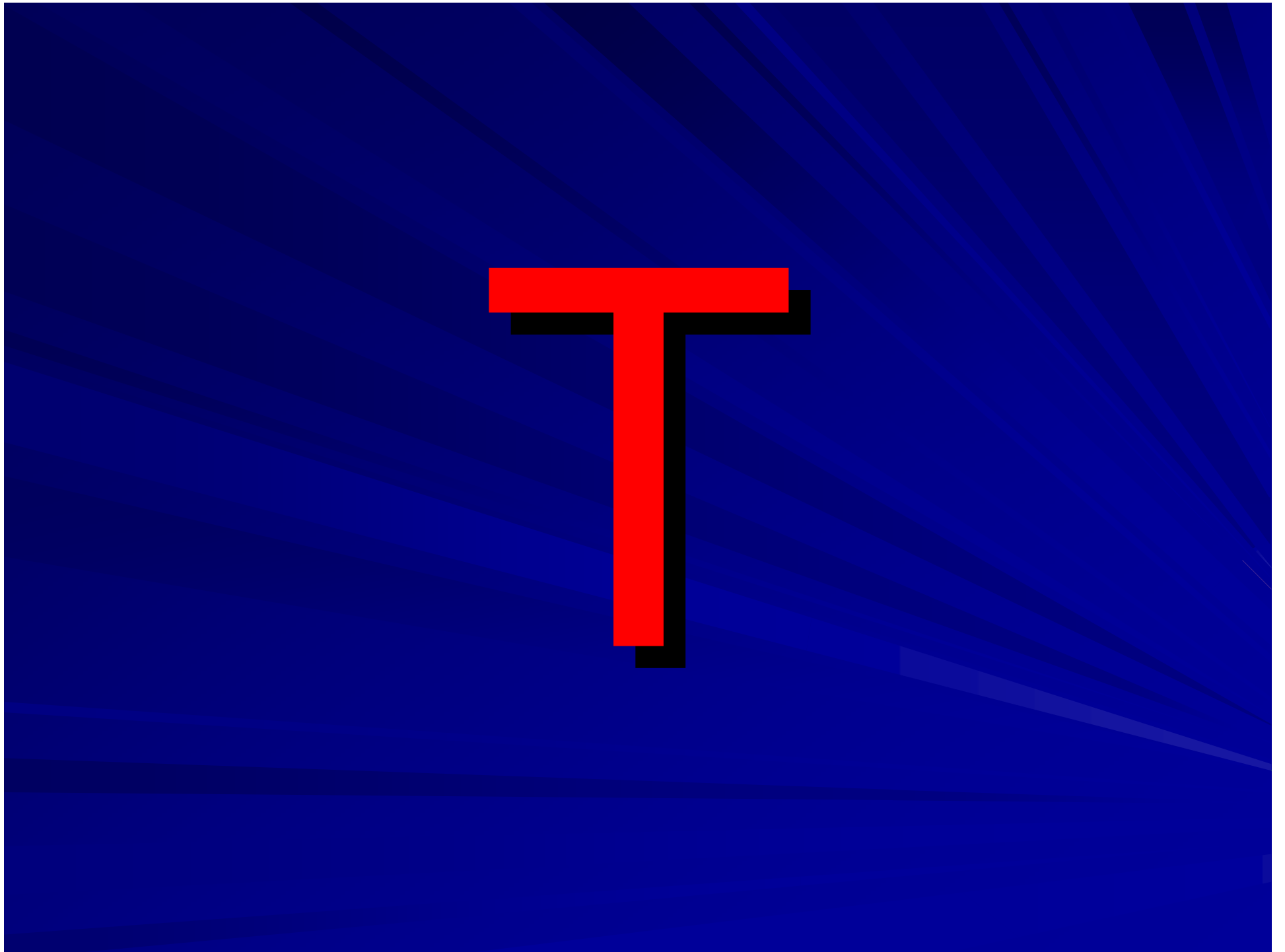
When performing a forward roll you should keep your body very round.

S

Spinning



Spinning a crazy ball is difficult to do, but a lot of fun!



Tossing



Tossing a ball is an underhand skill.

U

Underhand



Rolling a ball is also an **u**nderhand skill.

V

Volleyball



Bumping the ball is a skill used in
volleyball.

W W

Walking



Walking backwards on a balance beam is very challenging.



Xiphoid



The heart is located under the Xiphoid, which is part of your chest.

A stylized, bold red letter 'Y' is centered on a dark blue background. The 'Y' has a black shadow cast to its right, giving it a 3D appearance. The background is filled with numerous thin, parallel diagonal lines in various shades of blue, creating a textured, dynamic effect.

Y

Yoga



Flexibility is needed to be good at **y**oga.

Z

Zealous



Everyone is **zealous** and excited during
P.E. class!

Hang in there!



Don't quit yet! See how many questions you can answer correctly. Good luck!

The _____ is the part of your chest that covers your heart.

- A. Skull
- B. Xiphoid
- C. Femur

And the answer is...

B. Xiphoid

_____ backwards on a
balance beam is very
challenging.

- A. Sleeping
- B. Skiing
- C. Walking

And the answer is...

C. Walking

The _____ performs a
cartwheel.

A. acrobat

B. Bus driver

C. Soccer player

And the answer is...

A. acrobat

_____ is when you pose with one side of your body looking different from the other side.

- A. Symmetrical
- B. Non-symmetrical
- C. Round

And the answer is.....

B. Non-symmetrical

_____ a soccer ball is a lot of fun. It's also a great way to score a goal!

- A. Throwing
- B. Bumping
- C. Kicking

And the answer is.....

C. Kicking

When you _____ you land on
two feet at the same time.

- A. Hop
- B. Leap
- C. Jump

And the answer is.....

C. jump

How did you do? I hope you enjoyed the Physical Education Electronic Alphabet book.

Please come visit again!

