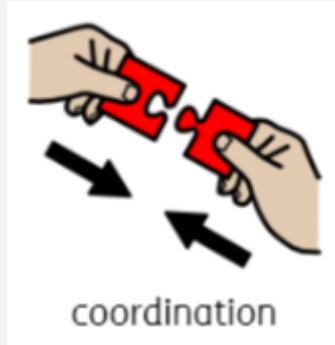


Y2_Aut1_Word

Picture

Definition

coordination



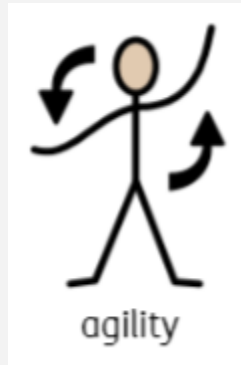
the ability to select the right muscle at the right time to achieve an action

Y2_Aut1_Word

Picture

Definition

agility



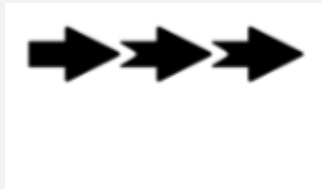
the ability to change direction quickly with control

Y2_Aut1_Word

Picture

Definition

stamina



being physically active for a long time without tiring.

Y2_Aut1_Word

Picture

Definition (RWI)

posture



being in a position that centers your weight over your feet

Y2_Aut1_Word

Picture

Definition

yoga



yoga is the coming together of mind (thoughts and feelings) and physical body.

Y2_Aut1_Word

Picture

Definition

breath



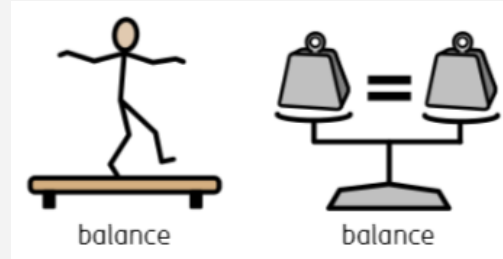
To draw air into and expel it from the lungs.

Y2_Aut1_Word

Picture

Definition

balance



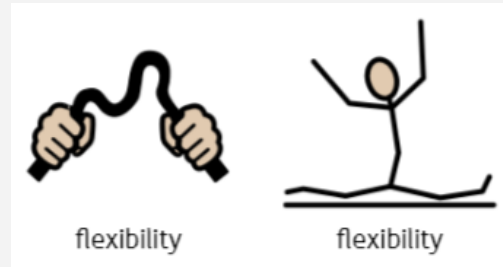
**the ability to control
body movement during
activities**

Y2_Aut1_Word

Picture

Definition

Flexibility



**the body's ability to
effectively bend, stretch
and move without injury**

Y2_Aut1_Word

Picture

Definition

fitness



being physically healthy

Y2_Aut1_Word

Picture

Definition (Science)