VPK – 2  
pathways, zig-zag, leap, gallop, jump, tiptoe, skip, roll, jog, biceps, triceps, quadriceps, hamstrings, calves, abdominals, gluteus maximus, muscles, organs, voluntary, involuntary, heart, proteins, fruits, vegetables, strike, personal space

3rd – 5th Grade  
Endurance, push-ups, curl-ups, hydrate, height, weight, sportsmanship, strategy, adaptation, jog, biceps, triceps, quadriceps, hamstrings, calves, abdominals, gluteus maximus, muscles, organs, hear rate, fitness, goal, memory, voluntary, involuntary

6th Grade  
endurance, cardio, aerobic, anaerobic, reflection, assessment, goal-setting, preventative, strategy, push-ups, curl-ups, hydrate, height, weight, sportsmanship, adaptation, jog, biceps, triceps, quadriceps, hamstrings, calves, abdominals, gluteus maximus, muscles, organs, heart rate, fitness, goal, memory, voluntary, involuntary