

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

# GRADE TEN

# Motor Skill Development



More Physical Education Curriculum Tools at [www.OPENPhysEd.org](http://www.OPENPhysEd.org)  
OPEN is a Public Service of US Games

# ANATOMY

(Noun)

The branch of science concerned with the bodily structure of humans, animals, and other living organisms.

Billy wanted to learn more about anatomy so that he could understand how the body functions and performs.

[VA SOL 10.1]

# AQUATICS

(Noun)

Sports, physical activities, and exercises done in or on water.

---

Alexa loves aquatics because she swims like a dolphin and spends a lot of time in a pool.

[VA SOL 10.1]

# BIOMECHANICS

(Noun)

The study of the mechanical laws relating to the movement or structure of living organisms.

---

Blair filmed Josh running the 100m hurdles in order to analyze his biomechanics and compare his form with gold medalist Brianna Rollins.

[VA SOL 10.1]

# DANCE

(Noun)

A series of movements that match the speed and rhythm of a piece of music.

---

Steven's favorite dance is the Salsa.

[VA SOL 10.1]

# EXERCISE PHYSIOLOGY

(Noun)

The study of the body's metabolic response to short-term and long-term physical activity.

Katie used what she learned in exercise physiology to determine how much energy she needed to run 5 miles.

[VA SOL 10.1]

# FITNESS ACTIVITIES

(Noun)

Activities that improve overall fitness such as walking, swimming, dancing, biking, jogging, or gardening activities.

---

Kim made sure that her exercise regimen involved a wide variety of fitness activities so her strength and endurance would be well-balanced.

[VA SOL 10.1]

# FRONTAL

(Adjective)

Relating to the vertical plane that divides the body into ventral and dorsal (belly and back) sections.

---

In anatomy and physiology, Donna could tell she was examining the frontal plane of human movement because she could see the model's face.

[VA SOL 10.1]

# INDIVIDUAL PERFORMANCE ACTIVITIES

(Noun)

Activities that do not require a teammate in order to compete or play such as golf, swimming, weight lifting, running/jogging, archery, etc.

Nick preferred to de-stress by participating in individual performance activities, like swimming and running, because he found it easiest to recharge when he was on his own.

[VA SOL 10.1]

# LIFETIME ACTIVITIES

(Noun)

A sport or physical fitness activity in which a person can participate from childhood to old age.

Colleen decided to incorporate lifetime activities into her daily routine in order to stay fit for the rest of her life.

[VA SOL 10.1]

# OUTDOOR PURSUITS

(Noun)

Physical activities that take place in natural or semi-natural settings outside, such as mountain biking, orienteering, canoeing, and rock climbing.

---

Mr. Blank has added outdoor pursuits to his curriculum for physical education because his students love to be in nature.

[VA SOL 10.1]

# RHYTHMIC ACTIVITIES

(Noun)

A series of movements in which individuals can take part while any steady or prominent beat is present.

---

Mr. Johnson wanted his students to participate in rhythmic activities, so he introduced a Drum Fit unit.

[VA SOL 10.1]

# SAGITTAL

(Adjective)

Relating to the anatomical plane that divides the body into left and right sides.

---

There are yoga poses that create perfect symmetry between both sides of the sagittal plane.

[VA SOL 10.1]

# SKILL ATTAINMENT

(Noun)

Something, such as an accomplishment or achievement, that is attained, relating to a skill.

Because Ali was focused on skill attainment, he decided to ask his coach to evaluate his form and suggest ways to improve his performance.

[VA SOL 10.1]

# TRANSVERSE

(Adjective)

Relating to the imaginary plane that divides the body horizontally near the waist into superior and inferior parts.

---

In biomechanics, the students looked at the critical elements of throwing as related to the body above and below the transverse plane.

[VA SOL 10.1]