

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set
GRADE
ELEVEN/TWELVE
Motor Skill Development



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ANALYZE

(Verb)

To examine methodically and in detail the constitution and/or structure of something; especially information.

The students were asked to analyze their partners' dance performances to see what specific locomotor skills were used.

(VA SOL 11/12.1)

APPLY

(Verb)

To put into operation or practical use.

The students were able to apply the skills they developed in pickleball to help with their badminton unit.

(VA SOL 11/12.1)

BIOMECHANICAL

(Adjective)

Relating to the mechanics of a living body, especially of the forces exerted by muscles and gravity on the skeletal structure.

Martin studied and understood the biomechanical components of each skill that he was working to improve.

(VA SOL 11/12.1)

CONSISTENCY

(Noun)

Achievement of a level of performance that does not vary greatly in quality over time.

After practicing the drill multiple times, Cathy showed consistency in hitting the right corner of the net every time she kicked the ball.

(VA SOL 11/12.1)

CONTRAST

(Verb)

To compare in such a way as to emphasize differences.

The students were asked to contrast the backhand and forehand strokes in tennis so that they could more easily distinguish between them in the future.

(VA SOL 11/12.1)

DEFENSIVE

(Adjective)

The action or role of defending one's goal against an opponent.

Colby's soccer team practiced new defensive strategies so that they could oppose the other team's offensive strength.
(VA SOL 11/12.1)

MASTERY

(Noun)

Comprehensive knowledge or skill in a subject or activity.

Susie's mastery in tennis is a result of months of practice and dedication.

(VA SOL 11/12.1)

OFFENSIVE

(Adjective)

The condition of possessing the ball or being on the team attempting to score.

When the class started incorporating offensive strategies, they soon began to score more quickly.

(VA SOL 11/12.1)

OPTIMAL

(Adjective)

Best or most favorable; optimum.

Joey reached optimal performance in golf when he slightly bent his knees and rotated through his hips.

(VA SOL 11/12.1)

PERSPECTIVE

(Noun)

A particular attitude toward or way of regarding something; a point of view.

The coach's perspective as a former player enables her to help her athletes quickly improve.

(VA SOL 11/12.1)

PHYSIOLOGY

(Noun)

The branch of biological science dealing with the functions and activities of living organisms and their parts.

Clark used his knowledge of physiology to analyze his movements and improve his long jump.

(VA SOL 11/12.1)

PROCEDURE

(Noun)

A series of actions conducted in a certain order or manner.

After Lisa's injury on the asphalt, the class was careful to follow all safety procedures in order to prevent future injuries.

(VA SOL 11/12.1)

SELF-SELECTED

(Adjective)

Chosen for oneself.

Because the instructor allowed students to design their own workout, each person's exercises were self-selected.

(VA SOL 11/12.1)

SITUATIONAL

(Adjective)

In regard to surroundings
or circumstances.

It can be useful to learn a wide variety of situational strategies so that you can respond to whatever may happen during competition.

(VA SOL 11/12.1)

STRATEGY

(Noun)

A plan of action or policy designed to achieve a major or overall aim.

Claire used numerous strategies to defeat her opponent during the soccer drill.

(VA SOL 11/12.1)