

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

# GRADE THREE

# Motor Skill Development



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

# BALANCE

(Noun)

An even distribution of weight that allows someone or something to stay upright and steady.

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Lauren jumped and then landed on two feet to keep her balance and not fall.

*(VA SOL 3.1)*

# CATCH

(Verb)

To grab and hold something that has been thrown or dropped.

Aiden had to reach up to catch the ball after it bounced very high.

*(VA SOL 3.1)*

# CONTROL

(Verb)

To manage the movement of something.

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Kira could control the soccer ball by keeping the ball close when she dribbled.

*(VA SOL 3.1)*

# DANCE

(Verb)

To perform a series of movements that match the rhythm of music.

Zoe loved to dance and put movements together to go with her favorite songs.

*(VA SOL 3.1)*

# DRIBBLE

(Verb)

To control a ball by giving it a series of short kicks or pushes. Soccer requires foot dribbling. Basketball requires hand dribbling. Floor hockey requires stick dribbling.

Dribble the ball as quickly as you can to beat your partner down the court.

(VA SOL 3.1)

# FLOW

(Noun)

A steadily and continuous type of movement.

Tara created the best dance in class because there was flow throughout the entire dance.

(VA SOL 3.1)

# GYMNASTICS

(Noun)

Exercises that use agility,  
balance, and coordination.

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By the end of the gymnastics unit, the  
students could walk across a balance beam.

*(VA SOL 3.1)*

# HORIZONTAL

(Adjective)

Parallel to the ground. In a position that is side-to-side rather than up and down.

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A balance beam is in a horizontal position.  
(VA SOL 3.1)

# JUMP

(Verb)

To push off a surface and into the air using the power in both legs and feet.

Kevin jumps into the air when taking a shot with the basketball.

*(VA SOL 3.1)*

# LEVEL

(Noun)

The position of the body in relation to the floor, a person, or a piece of equipment.

Sophia knew that the three levels include low, medium, and high.

*(VA SOL 3.1)*

# LOCOMOTOR SKILLS

(Noun)

The basic ways to move your body through space.

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Galloping and skipping are Evan's favorite locomotor skills.

*(VA SOL 3.1)*

# PASS

(Verb)

To move an object from one space to another, often to a person.

Josh passed the ball to Javier's hands so that it was easy to catch.

*(VA SOL 3.1)*

# PATHWAY

(Noun)

A course along which a body moves as it travels through general space.

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Lauren followed a zigzag pathway as she dribbled through the cones.  
(VA SOL 3.1)

# PATTERN

(Noun)

An arrangement or sequence.

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While creating a dance, Liam and Brennan decided on three sets of movement patterns.

*(VA SOL 3.1)*

# STATIONARY

(Adjective)

Not moving.

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When learning how to kick a soccer ball, most people start by kicking a stationary ball.

(VA SOL 3.1)

# STRIKE

(Verb)

To hit with force.

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Ben held the bat in both hands to  
strike the ball off the tee.

*(VA SOL 3.1)*

# THROWING

(Verb)

To send an object through the air by moving the arm and hand.

Nicole often practiced throwing because she played softball.

*(VA SOL 3.1)*

# TRANSFER OF WEIGHT

(Noun)

A change in the center of gravity beyond its base of support to create movement or generate force.

Kristen transferred her weight forward when she did a cartwheel.

*(VA SOL 3.1)*

# VERTICAL

(Adjective)

Perpendicular to the ground. In a position that is up and down rather than side-to-side.

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Alyssa noted that tree trunks, telephone poles, and the chains for swings are all in vertical positions.

(VA SOL 3.1)