

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE THREE

Anatomical Basis of Movement



More Physical Education Curriculum Tools at www.OPENPhysEd.org
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BLOOD VESSELS

(Noun)

Small tubes that carry blood to all parts of the body.

Oliver told Brooke that oxygen moves through blood vessels to the rest of the body.

(VA SOL 3.2)

CARDIORESPIRATORY SYSTEM

(Noun)

A body system in which the heart, blood, vessels, and lungs work together to provide and maintain a healthy body.

Park labeled the parts of the cardiorespiratory system on the chart as the heart, lungs, blood, and vessels.

(VA SOL 3.2)

FEMUR

(Noun)

The major bone in the thigh.

Tanisha knew that the femur is the strongest bone in the body.

(VA SOL 3.2)

FIBULA

(Noun)

The smaller of the two bones in the lower leg. The tibia is the larger bone.

The tibia and fibula are two bones of the lower leg that run from the knee to the ankle.

(VA SOL 3.2)

HAMSTRINGS

(Noun)

Muscles on the back of the thigh that help the leg bend and straighten.

Donna identified the muscles in the back of her thigh as her hamstrings and those in the front of her thigh as her quadriceps.

(VA SOL 3.2)

HEART

(Noun)

The muscular organ that pumps blood through the body.

Joshua's heart beats faster when he plays tag in physical education.

(VA SOL 3.2)

HUMERUS

(Noun)

The bone of the upper arm that goes from the shoulder to the elbow.

Kristina identified the humerus on the class skeleton by pointing to the upper arm bone.
(VA SOL 3.2)

LUNGS

(Noun)

Two organs in the chest
that help us breathe.

George took a deep breath
to fill up his lungs.
(VA SOL 3.2)

MUSCLE

(Noun)

Body tissue that can change its size to move body parts.

Building muscle in our bodies helps us to do everyday things like lifting heavy objects.

(VA SOL 3.2)

OPEN SPACE

(Noun)

An area of general space with no obstacles where people can move freely.

Jacob ran into the open space so
Franklin could pass to him.
(VA SOL 3.2)

RADIUS

(Noun)

The thicker and shorter of the two bones in the forearm.

When Danielle was having trouble remembering what side of the arm her radius was on, the teacher reminded her that it is on the same side as her thumb.

(VA SOL 3.2)

TIBIA

(Noun)

The inner and larger of the two bones between the knee and the ankle; next to the fibula.

The tibia is sometimes called the shinbone.
(VA SOL 3.2)

TRICEPS

(Noun)

The large muscle on the back of the upper arm.

Gavin used his triceps to help him bend and straighten his arm to throw the ball.

(VA SOL 3.2)

ULNA

(Noun)

The thinner and longer of the two bones in the forearm, on the side opposite from the thumb.

Lance told Tiffany that the ulna is the bone on the same side as the pinky finger.

(VA SOL 3.2)