

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE THREE

Fitness Planning



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CARDIORESPIRATORY ENDURANCE

(Noun)

The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.

Emily worked on her cardiorespiratory endurance by doing jumping jacks until he felt his heart rate and breathing intensify.

(VA SOL 3.3)

BODY COMPOSITION

(Noun)

The amount of lean tissue compared to fat tissue in the body.

Jayden tried to improve his body composition by exercising often and eating well.

(VA SOL 3.3)

FLEXIBILITY

(Noun)

The ability to bend and move joints through their full range of motion.

Emma's flexibility was the best in the class because she followed her PE teacher's advice to warm-up and cool-down when participating in physical activities.

(VA SOL 3.3)

HEALTH-RELATED FITNESS

(Noun)

A group of five physical characteristics that contribute to a person's overall well-being. The five components of health-related fitness include cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.

Finding a variety of physical activities that you like is a good way to improve and maintain all five components of health-related fitness.

(VA SOL 3.3)

MUSCULAR ENDURANCE

(Noun)

The ability of a muscle to continue to perform without getting tired.

Cole demonstrated his impressive muscular endurance by performing 75 curl-ups during his fitness test.

(VA SOL 3.3)

MUSCULAR STRENGTH

(Noun)

To be physically strong.

The students did exercises and jumping activities to build up the muscular strength in their legs.

(VA SOL 3.3)