

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE FOUR

Anatomical Basis of Movement



More Physical Education Curriculum Tools at www.OPENPhysEd.org
OPEN is a Public Service of US Games

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 4.2)

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 4.2)

CAROTID PULSE

(Noun)

The beat of the heart that is felt in the side of the neck that is caused by arteries pumping blood through the body.

Maddie placed her fingers on the side of her neck to feel her carotid pulse and see how quickly her heart was beating.

(VA SOL 4.2)

CLOSE SPACE

(Verb)

To use the defensive tactic of eliminating open space in game play.

During the floor hockey unit, Mrs. Wright told her students to work on closing space in order to play better defense during games.

(VA SOL 4.2)

DELTOID

(Noun)

A muscle located in the shoulder.

The deltoid is one of the many muscles that make it possible to lift and move your arms.

(VA SOL 4.2)

GLUTEAL MUSCLES

(Noun)

The group of three muscles that make up the buttocks.

Layla wanted to strengthen her gluteal muscles, so she started doing squats in her workout.

(VA SOL 4.2)

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 4.2)

LUNGS

(Noun)

Two organs in the chest that help us breathe.

George took a deep breath to fill up his lungs.
(VA SOL 4.2)

PATELLA

(Noun)

The kneecap.

Ethan got hit in the knee, but his patella protected his knee joint.

(VA SOL 4.2)

PHALANGE

(Noun)

The bones of the fingers and toes.

When Addison thought that phalanges were only fingers, Mr. Brown corrected her by saying that phalanges are both fingers and toes.

(VA SOL 4.2)

RADIAL PULSE

(Noun)

The beat of the heart that is felt on the radial artery, which is located in the wrist.

Raegan felt her radial pulse by placing her fingers on the inside of her wrist.

(VA SOL 4.2)

SEQUENCE

(Noun)

A pattern in which one thing follows another.

Tom created a hip-hop dance sequence in class with his partner, Charlie.

(VA SOL 4.2)

SKELETAL SYSTEM

(Noun)

The framework of the body, consisting of bones and cartilage, which protects and supports the body's internal organs.

The sternum, vertebrae, patella, and phalanges are all parts of the skeletal system.
(VA SOL 4.2)

STERNUM

(Noun)

A long flat bone that connects to the ribs;
also called the breastbone.

Zeeshawn knew that the sternum is on the
front of his chest and protects his heart.

(VA SOL 4.2)