

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE FIVE

Motor Skill Development



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

ACCURACY

(Noun)

The quality of being correct, precise,
or on target.

Abby displayed excellent accuracy in
today's practice because all of her passes
were on target.

(VA SOL 5.1)

BALANCE

(Noun)

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

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

(VA SOL 5.1)

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 5.1)

CONSECUTIVE

(Adjective)

One after another without stopping.

John could do 20 consecutive
jumps without stopping.
(VA SOL 5.1)

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 5.1)

DIRECTION

(Noun)

The course along which something moves.

Caleb decided to change direction by stopping, turning, and going back to where he started.

(VA SOL 5.1)

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 5.1)

DYNAMIC

(Adjective)

Something that is always
changing or moving.

Dribbling a soccer ball is a dynamic
skill because both you and the ball
are always moving.

(VA SOL 5.1)

EXECUTE

(Verb)

To carry out or put into action.

The offense could execute their play perfectly to score a last-second basket.

(VA SOL 5.1)

FORCE

(Noun)

Strength or power.

Isaac couldn't catch the ball
because William used too much
force when he threw it.

(VA SOL 5.1)

GENERAL SPACE

(Noun)

The area within a boundary where many people must all move safely.

In physical education class, we share general space so that everyone can move safely within the boundaries.

(VA SOL 5.1)

LOCOMOTOR SKILLS

(Noun)

The basic ways to move your body through space.

Galloping and skipping are Evan's favorite locomotor skills.

(VA SOL 5.1)

MANIPULATIVE SKILL

(Noun)

A movement done to or with objects, such as throwing, striking, and catching.

Preston was performing the manipulative skills of dribbling and shooting when he was playing with the basketball.

(VA SOL 5.1)

MATURE

(Adjective)

Fully developed.

Luke performed a perfect serve
with mature form.

(VA SOL 5.1)

NON-LOCOMOTOR SKILLS

(Noun)

Movements that occur in body parts or the whole body, but do not cause the body to travel to another space.

To demonstrate a non-locomotor skill,
Caitlin clapped to the rhythm of the music.

(VA SOL 5.1)

PERSONAL SPACE

(Noun)

The space around students, free of objects and people, no matter which direction they move.

Sarah stayed in her personal space with her balloon to practice her striking skills safely.

(VA SOL 5.1)

RHYTHM

(Noun)

A regular pattern of sound or movement.

It is fun to march to the rhythm of the music.
(VA SOL 5.1)

ROLL

(Verb)

To move (or cause to move) across a surface by turning over and over.

Liz rolled across the mat with her arms tucked into her sides.

(VA SOL 5.1)

SPACE

(Noun)

The area within a boundary.

The students were trying to move to open space in the Frisbee game.

(VA SOL 5.1)

SPEED

(Noun)

The ability to move the body rapidly from one point to another.

Ralph's running speed was amazing.
Sara was the only student in the entire school
that could keep up with him.

(VA SOL 5.1)

STATIONARY

(Adjective)

Not moving.

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

(VA SOL 5.1)

STRIKE

(Verb)

To hit with force.

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

(VA SOL 5.1)

TARGET

(Noun)

An object or place you aim at.

Brianna looked at her target
before throwing the ball.

(VA SOL 5.1)

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 5.1)

VOLLEY

(Verb)

To hit a ball or object up into the air many times without stopping

Wendy volleyed the balloon up into the air three times.

(VA SOL 5.1)