

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

**GRADE FIVE**

Social Development



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

# DEMONSTRATE

(Verb)

To show or perform an action  
for others to see.

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Phillip demonstrated an accurate throw and  
catch while the class watched.

*(VA SOL 5.4)*

# ETIQUETTE

(Noun)

Rules for good behavior and manners.

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John followed class etiquette in physical education by taking turns with equipment and listening respectfully to the ideas of others.

(VA SOL 5.4)

# IMPLEMENT

(Verb)

To put a decision or plan into effect.

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Mrs. Jackson wanted to see the students  
implement all of the class rules.

*(VA SOL 5.4)*

# INCLUSION

(Noun)

Including or being included within a group.

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Callie's physical education teacher advocated for inclusion in all her classes by encouraging students to make sure no one was ever left out.

(VA SOL 5.4)

# PHYSICAL ACTIVITY

(Noun)

Any physical movement that uses the body's energy.

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Taking a walk with my family is a great physical activity and helps us stay healthy.  
(VA SOL 5.4)

# RESPECTFUL

(Adjective)

To be polite and thoughtful.

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I show respectful behavior to my teacher by listening and following directions.

*(VA SOL 5.4)*

# SAFETY

(Noun)

The condition of being protected from danger.

During physical education class, Rahim follows all safety rules to protect himself and his classmates from injury.

(VA SOL 5.4)