

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE SIX

Anatomical Basis of Movement



More Physical Education Curriculum Tools at www.OPENPhysEd.org
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ACCURACY

(Noun)

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

Abby displayed excellent accuracy in today's practice because all her passes were on target.
(VA SOL 6.2)

BALL AND SOCKET JOINT

(Noun)

A joint in which a rounded end of a bone fits into the cavity of another bone.

A ball and socket joint, like the hip or shoulder, allows a wide range of movement.
(VA SOL 6.2)

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 6.2)

CONCEPT

(Noun)

A general idea or thought.

Gabriella applied movement concepts to the skills she used in her skating performance.

(VA SOL 6.2)

DEFENSE

(Noun)

The team or players in a game or sport who are trying to steal away possession of the ball/object and stop the opponent from scoring a goal or point.

Ali's team was good at playing defense because they kept the other team from scoring.

(VA SOL 6.2)

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 6.2)

EFFORT

(Noun)

In movement concepts, this refers to how the body moves and applies the concepts of time (fast, slow), force (strong, light), and flow (bound, free) to specific movement situations.

Henry knows the effort he applies when pitching a baseball directly affects how the ball moves.

(VA SOL 6.2)

HINGE JOINT

(Noun)

A common joint, like the knee or elbow, formed between bones that can only move in one direction.

Because the knee can only move along one straight line when it bends and straightens, it is a hinge joint.

(VA SOL 6.2)

JOINT

(Noun)

A structure in the body where
two bones fit together.

Ms. Thompson asked her students to identify
three joints that bend when throwing a ball.

(VA SOL 6.2)

MOVEMENT

(Noun)

The act of changing physical location or position.

Skipping is a fun movement that helps you move from one side of the activity area to the other.

(VA SOL 6.2)

MOVEMENT CONCEPTS

(Noun)

The elements important in the study of human movement: body awareness, space, and qualities of movement (force, balance, time, and flow).

At the end of the school year, Lucas could recall several movement concepts he learned in physical education.

(VA SOL 6.2)

OFFENSE

(Noun)

The team or players in a game or sport who are attempting to score or move the ball forward.

The offense was able to pass the ball and score against the other team's defense.

(VA SOL 6.2)

PATHWAY

(Noun)

A course along which a body moves as it travels through general space.

Lauren followed a zigzag pathway as she dribbled through the cones.

(VA SOL 6.2)

PIVOT JOINT

(Noun)

A joint in which movement is restricted to rotation.

Judy identified the wrist as a pivot joint.
(VA SOL 6.2)

RELATIONSHIP

(Noun)

The way that two or more concepts, objects, or people are connected.

In physical education class,
we're learning about the relationship
between hard work and success.

(VA SOL 6.2)

SKELETAL SYSTEM

(Adjective)

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 6.2)

SKILL

(Noun)

The ability to do something well.

Kicking a soccer ball was a new skill for Emily, but she practiced and can now kick the ball well.

(VA SOL 6.2)

SPEED

(Noun)

A skill-related fitness component that is the ability to move the body rapidly from one point to another.

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

(VA SOL 6.2)

STRATEGY

(Noun)

A plan of action for achieving a goal.

The team scored many points because their offensive strategy was working well.

(VA SOL 6.2)

STRIKE

(Verb)

To hit with force.

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

(VA SOL 6.2)