

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE SIX Fitness Planning



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AEROBIC

(Noun)

Exercise that works the heart and lungs to help the body use oxygen better.

Running, swimming, and biking are forms of aerobic exercise.

(VA SOL 6.3)

ANALYZE

(Verb)

To observe something to get important information about it.

Liam analyzed Caden's movements, which helped him anticipate exactly where the ball was going to go.

(VA SOL 6.3)

BASELINE DATA

(Noun)

Results from a pre-assessment that show the starting point of a person's physical activity and health.

The students collected baseline data so they could create realistic fitness goals and know when they improved.

(VA SOL 6.3)

DATA

(Noun)

Facts, such as measurements or statistics, used to learn about something.

Because Diana recorded her data accurately, she had a clear picture of how well she performed during the activity.

(VA SOL 6.3)

DECISION MAKING

(Noun)

The act or process of reaching an important conclusion.

Tristan's quick decision making helped him take advantage of opportunities to score in the game.
(VA SOL 6.3)

FITNESS

(Noun)

The physical condition of one's muscles and heart.

Jumping rope is a good way to improve your fitness because it increases your heart rate and makes your muscles stronger.

(VA SOL 6.3)

FITT PRINCIPLE

(Noun)

Includes the four factors of frequency, intensity, time, and type of exercise that lead to a successful fitness plan.

The FITT principle is important to remember when setting fitness goals.

(VA SOL 6.3)

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 6.3)

FREQUENCY (FITT)

(Noun)

Part of the FITT principle that determines how often someone participates in a fitness activity.

When Jimmie was creating his fitness plan, he had to plan for the frequency of his exercises.

(VA SOL 6.3)

GOAL

(Noun)

A result that a person is working to achieve.

After the fitness testing was completed,
Mrs. MacDonald had her class write
goals for improvement in one
health-related fitness component.

(VA SOL 6.3)

HEALTH-RELATED CRITERION REFERENCED TEST

(Noun)

A test with predetermined criteria that must be met for students to pass according to expectations regarding their physical health.

Mr. Spoon conducted a health-related criterion-referenced test and compared his students' scores to the those in the rest of the state.

(VA SOL 6.3)

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.

Katie understood the importance of each component of health-related fitness and made every effort to be active for 60 minutes a day.

(VA SOL 6.3)

HEALTHY

(Adjective)

Being in a good state physically and mentally; free from disease to the body or mind.

Landon understood that it was important to be physically active and eat nutritiously to be healthy.
(VA SOL 6.3)

HEART RATE

(Noun)

The speed at which the heart is beating, measured in beats per minute.

Nancy checks her heart rate before and after exercise and knows that when she moves faster, her heart rate increases.

(VA SOL 6.3)

IMPROVE

(Verb)

To make or become better.

Luke showed how much he improved throughout the unit by scoring much higher on his post-test.

(VA SOL 6.3)

INTENSITY (FITT)

(Noun)

Part of the FITT principle that determines how hard one is working the heart and muscles during exercise.

Billy had to think about the intensity of the exercises he was going to perform to reach his fitness goals.

(VA SOL 6.3)

MUSCLE

(Noun)

Body tissue that can change its size to move body parts.

Building muscle in our bodies helps us to do everyday things like lifting heavy objects.

(VA SOL 6.3)

PEDOMETER

(Noun)

A device that counts the number of steps that one has taken.

Eric wore his pedometer all day and accumulated over 15,000 steps.

(VA SOL 6.3)

PLAN OF ACTION

(Noun)

A complete set of steps to be taken to achieve a goal.

Ben and Ethan's plan of action included actively engaging in circus arts class, practicing together after school, and practicing on their own at home.

(VA SOL 6.3)

PROBLEM SOLVING

(Noun)

The process of finding solutions to difficult issues.

Jess used his problem solving skills to help his team accomplish their goal.

(VA SOL 6.3)

RATE OF PERCEIVED EXERTION (RPE)

(Noun)

A way of measuring physical activity intensity level by how hard you feel your body is working.

Nathan used the RPE scale to identify how hard he was working during the basketball activity.

(VA SOL 6.3)

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 6.3)

RESTING HEART RATE

(Noun)

The number of times your heart beats per minute while your body is at complete rest.

Mark calculated his resting heart rate while sitting down at his desk.

(VA SOL 6.3)

SAFE

(Adjective)

Protected against physical, social, and emotional harm.

Rachel demonstrated safe participation so that no one would get hurt.

(VA SOL 6.3)

SELF-ASSESSMENT

(Noun)

The evaluation of one's own performance.

Mrs. Gerdes filmed her students throwing so that they could do a self-assessment.

(VA SOL 6.3)

SKINFOLD CALIPERS

(Noun)

A tool that measures skinfolds to estimate the amount of body fat.

Mr. Kushner used skinfold calipers instead of the BMI scale with his students.

(VA SOL 6.3)

SMART GOALS

(Noun)

SMART goals are specific, measurable, attainable, realistic and timely.

Connor made a SMART goal to improve his muscular strength.

(VA SOL 6.3)

TIME (FITT)

(Noun)

Part of the FITT principle that specifies how long the exercise will last.

Alexis calculated out the time she wanted to perform each exercise on her goal sheet.

(VA SOL 6.3)

TYPE (FITT)

(Noun)

Part of the FITT principle that specifies what kind of exercise one is doing.

Gil had to choose the type of exercise he was going to do for his fitness plan.

(VA SOL 6.3)