

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE SIX

Social Development



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

BENEFIT

(Noun)

An advantage gained from something.

Developing strong leg muscles is just one of the many benefits of jumping rope.

(VA SOL 6.4)

COMMUNICATION SKILLS

(Noun)

The ability to effectively exchange information with another person.

Jim showed good communication skills by clearly discussing a play with his teammate.

(VA SOL 6.4)

CONFLICT RESOLUTION

(Noun)

A way to find a positive solution to a disagreement.

Before we started our tournament games, we came up with a list of strategies for conflict resolution.

(VA SOL 6.4)

COOPERATION

(Noun)

The process of working together for a common goal.

Keeping our PE equipment in good condition takes cooperation. We all must work together to use things the way the right way and to put them back when class is over.

(VA SOL 6.4)

CRITIQUE

(Verb)

To evaluate the details
of an idea or performance.

Gayle was asked to critique Ashley's
presentation of the aerobic routine so that
they could learn how to improve.

(VA SOL 6.4)

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 6.4)

ETIQUETTE

(Noun)

Rules for good behavior and manners.

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

(VA SOL 6.4)

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 6.4)

INTEGRITY

(Noun)

The quality of being honest and having strong moral character.

Mrs. Crandall taught integrity as a one of the most important characteristics in sports as well as in daily life.

(VA SOL 6.4)

PARTICIPATION

(Noun)

Taking part in an activity.

Monica showed safe participation
by following instructions and
using the paddle correctly.
(VA SOL 6.4)

PHYSICAL ACTIVITY

(Noun)

Any physical movement that uses the body's energy.

Taking a walk with my family is a great physical activity and helps us stay healthy.
(VA SOL 6.4)

PROBLEM SOLVING

(Noun)

The process of finding solutions to difficult issues.

Jess used problem solving to help his team accomplish their goal.
(VA SOL 6.4)

RULES

(Noun)

A set of understood regulations that keep an activity under control.

The rules at recess help everyone stay active and safe.
(VA SOL 6.4)

SAFE

(Adjective)

Protected against physical,
social, and emotional harm.

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

(VA SOL 6.4)

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 6.4)

STRATEGY

(Noun)

A plan of action for achieving a goal.

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

(VA SOL 6.4)