

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE SEVEN

Motor Skill Development



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

ABILITY

(Noun)

Skill or proficiency in a specific area.

Belle cooperates with her classmates by working well with others.

(VA SOL 7.1)

ACCURACY

(Noun)

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

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

(VA SOL 7.1)

APPROPRIATE

(Adjective)

Correct or right for a given situation or setting.

Lucy showed an appropriate response to her teacher's feedback by focusing on what she could do to improve her performance.

(VA SOL 7.1)

BALANCE

(Noun)

A skill-related fitness component that is the ability to control body position in space. Center of gravity and center of support both affect balance.

Elizabeth used balance as she walked on the beam.

(VA SOL 7.1)

CENTER OF GRAVITY

(Noun)

A single point from which the body's weight is evenly distributed, creating perfect balance.

Jen's center of gravity changed when she bent forward and extended both arms to the side.

(VA SOL 7.1)

COMPETENCE

(Noun)

An understanding and demonstrated ability to successfully perform a skill.

Lisa demonstrated competence in the dance unit because she had many years of experience in dance.
(VA SOL 7.1)

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 7.1)

DANCE

(Verb)

To perform a series of movements that match the tempo and rhythm of a piece of music.

Deedi loved dance and put movements together to go with her favorite songs.
(VA SOL 7.1)

DEMONSTRATE

(Verb)

To show or perform an action
for others to see.

Olivia became so good at bounce
passes that Mr. Brown asked her to
demonstrate for the class.

(VA SOL 7.1)

DYNAMIC

(Adjective)

Something that is constantly changing or moving.

Kendra knew that dribbling was a dynamic skill because while someone dribbles, the ball continuously moves.

(VA SOL 7.1)

MATURE

(Adjective)

Fully developed.

Izzi demonstrated mature dribbling skills by using all the cues that we learned in class.

(VA SOL 7.1)

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 7.1)

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 7.1)

OFFENSE

(Noun)

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

The offense made three great passes before making a basket.

(VA SOL 7.1)

OPEN SPACE

(Noun)

An area of general space with no obstacles where people can move freely.

Jacob ran into the open space so Franklin could pass to him.

(VA SOL 7.1)

ORIENTEERING

(Noun)

A sport in which participants find their way to various checkpoints with the aid of a map and compass.

Mr. Price created an orienteering scavenger hunt for his physical education class.

(VA SOL 7.1)

PATTERN

(Noun)

An arrangement or sequence.

While creating a dance, Liam and Brennan decided on three sets of movement patterns.

(VA SOL 7.1)

PEER ASSESSMENT

(Noun)

An evaluation of a student's performance or skill in relation to that is completed by a peer.

Mrs. Tully asked her students to find a partner and do a peer assessment of the basketball dribble.

(VA SOL 7.1)

PRACTICE

(Verb)

To perform an activity or exercise repeatedly and/or regularly to improve or maintain skill.

Owen practiced serving the ball every day, and his striking skills improved greatly.

(VA SOL 7.1)

RHYTHM

(Noun)

A regular pattern of sound or movement.

Chris was dribbling the basketball to the
rhythm of the music.

(VA SOL 7.1)

SAFETY

(Noun)

The condition of being protected from danger.

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

(VA SOL 7.1)

SELF-ASSESSMENT

(Noun)

The evaluation of one's own performance.

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

(VA SOL 7.1)

SKILL

(Noun)

The ability to do something well.

Volleying in badminton is a skill that takes time and practice to master.

(VA SOL 7.1)

SKILL COMBINATION

(Noun)

A series of moves that require two or more skills (e.g., trap, dribble, shoot) and results in improved performance.

Running and foot dribbling is a skill combination that can help soccer players travel quickly up the field and beat defenders.

(VA SOL 7.1)

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 7.1)

STRATEGY

(Noun)

A plan of action for achieving a goal.

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

(VA SOL 7.1)

TACTIC

(Noun)

An action or strategy that helps achieve a specific goal.

You need both offensive and defensive tactics to win a game.

(VA SOL 7.1)