

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

# GRADE SEVEN

THIS PROJECT IS MADE POSSIBLE THROUGH A PARTNERSHIP BETWEEN

The Virginia Department of Education

SUNY Cortland

The SUNY Cortland Activity and Movement Pedagogy Lab (AMP Lab)

& OPEN (The Online Physical Education Network)

Please share. This is an open-source project.

Kindly reference [OPENPhysEd.org](http://OPENPhysEd.org), The SUNY Cortland AMP Lab, and the VA DOE.



More Physical Education Curriculum Tools at [www.OPENPhysEd.org](http://www.OPENPhysEd.org)

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# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

# GRADE SEVEN

# Motor Skill Development



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# 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)*

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

# GRADE SEVEN

Anatomical Basis of Movement



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# ABDOMINALS

(Noun)

Muscles in the abdomen (stomach).

Koda did sit-ups to make  
his abdominals stronger.

*(VA SOL 7.2)*

# 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 7.2)

# BIOMECHANICAL PRINCIPLES

(Noun)

Fundamentals of the study of movement within the human body.

Trey focused on the biomechanical principle of base of support when he was trying a headstand.

(VA SOL 7.2)

# 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 7.2)

# CONCEPT

(Noun)

A general idea.

---

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

*(VA SOL 7.2)*

# CORE MUSCLES

(Noun)

Muscles in the pelvis, lower back, hips, gluteus, and abdomen, that help stabilize movement.

---

One of Stephanie's SMART goals to strengthen her core muscles was to be able to perform 50 sit-ups in a row by the end of the month.

*(VA SOL 7.2)*

# FRONTAL PLANE

(Noun)

A vertical plane that divides the body into front and back sections. Abduction and adduction occur in the frontal plane.

---

Stephen shuffled sideways down the court, showing that he could move his body in the frontal plane.

(VA SOL 7.2)

# GLUTEAL MUSCLES

(Noun)

The group of three muscles that make up the buttocks.

---

Penny wanted to develop her gluteal muscles, so she started incorporating squats into her workout.

(VA SOL 7.2)

# 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 7.2)

# 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 7.2)

# PATTERN

(Noun)

An arrangement or sequence.

---

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

(VA SOL 7.2)

# PELVIS

(Noun)

The area of the lower trunk that supports and protects organs of the body. The pelvic muscles support the organs.

---

Andrea pointed out that both hip bones are part of the pelvis.  
(VA SOL 7.2)

# PLANES OF MOVEMENT

(Noun)

A sectioned view of the body that includes the frontal plane, the sagittal plane, and the transverse plane.

---

Kate knew that flexion of the knee occurs in the sagittal plane of movement.

(VA SOL 7.2)

# SAGITTAL PLANE

(Adjective)

A vertical plane that divides the body into right and left sections. Flexion and extension occurs in the sagittal plane.

---

Kate knew that a flexion movement occurs in the sagittal plane.

(VA SOL 7.2)

# TRANSVERSE PLANE

(Noun)

A horizontal plane that divides the body into top and bottom halves. Rotation occurs in the transverse plane.

JT showed his teacher how he could move his body in the transverse plane by going to the locker room door and turning the door knob.  
(VA SOL 7.2)

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

**GRADE SEVEN**

Fitness Planning



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# AEROBIC ENERGY SYSTEM

(Noun)

The body produces the most energy with this system, but at a low intensity. Aerobic exercise works the heart and lungs to help the body use oxygen better.

---

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

(VA SOL 7.3)

# **ANAEROBIC ENERGY SYSTEM**

(Noun)

The energy system used when the body produces energy without oxygen. Anaerobic exercise is short duration (less than two minutes), high intensity exercise that does not use oxygen for energy.

---

Strength-based exercises such as sprinting are anaerobic activities.

*(VA SOL 7.3)*

# BARRIERS

(Noun)

Obstacles that prevent something from happening.

---

Mrs. Julian asked her students to identify the barriers they face when it comes to exercising at home.

(VA SOL 7.3)

# BODY COMPOSITION

(Noun)

The ratio of lean tissue to fat tissue in the body.

---

Max planned to improve his body composition by exercising regularly and eating nutritious foods.  
(VA SOL 7.3)

# CALORIC INTAKE

(Noun)

The number of calories that a person consumes daily.

---

Aisha wanted to gain weight, so she made sure her caloric intake was more than her caloric expenditure.

(VA SOL 7.3)

# CONCEPT

(Noun)

A general idea.

---

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

*(VA SOL 7.3)*

# 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 7.3)

# 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 7.3)*

# FREQUENCY (FITT)

(Noun)

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

---

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

(VA SOL 7.3)

# 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.

---

Finding a variety of physical activities that you like is a good way to improve and maintain all five components of health-related fitness.

(VA SOL 7.3)

# 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 is moving faster, her heart rate is going to increase.

(VA SOL 7.3)

# 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 7.3)

# MODERATE

(Adjective)

Average in amount or intensity.

---

Mr. Renta had his students choose a moderate physical activity.

*(VA SOL 7.3)*

# MUSCULAR ENDURANCE

(Noun)

The ability of a muscle to continue to perform without fatigue.

Cole demonstrated his impressive muscular endurance by performing 75 curl-ups during his fitness test.

(VA SOL 7.3)

# MUSCULAR STRENGTH

(Noun)

The maximum amount of force a muscle can produce in a single effort.

---

Lifting weights is one way athletes can develop their muscular strength.

*(VA SOL 7.3)*

# 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 7.3)

# 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 7.3)

# SAFE

(Adjective)

Protected against physical, social, and emotional harm.

---

The students felt safe in Mr. Miller's class because he created an environment where all the students were respectful of one another and their surroundings.

(VA SOL 7.3)

# 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 7.3)*

# SKILL

(Noun)

The ability to do something well.

---

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

*(VA SOL 7.3)*

# SMART GOALS

(Noun)

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

---

When coming up with our SMART goals, we use the FITT principle so that we can be successful.

*(VA SOL 7.3)*

# 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 7.3)*

# 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 7.3)*

# VIGOROUS

(Adjective)

Done with great force and energy.

---

Vera exercised vigorously to condition her cardiovascular system.

*(VA SOL 7.3)*

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

## GRADE SEVEN Social Development



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# COMMUNICATION SKILLS

(Noun)

The ability to exchange information with another person effectively and efficiently.

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

(VA SOL 7.4)

# 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 7.4)

# 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 7.4)

# 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 7.4)

# EQUIPMENT

(Noun)

The set of tools, accessories, and objects used in a sport or activity.

Emily put all her equipment back where it belonged when class ended.

*(VA SOL 7.4)*

# ETIQUETTE

(Noun)

Rules for good behavior and manners.

---

Justine did a good job of showing proper etiquette for the sport by staying quiet during the serve.

(VA SOL 7.4)

# FEEDBACK

(Noun)

Information provided in reaction to a performance or action.

Mr. Hart gave Gina feedback on her striking skills, which included ways for her to improve.

(VA SOL 7.4)

# GUIDED VISUALIZATION

(Verb)

A method of dealing with stress in which a teacher guides students through mental images of an object, setting, or action.

---

Mr. Stone taught his students to visualize good form and technique in preparation for their circus arts performances.

*(VA SOL 7.4)*

# INCLUSION

(Noun)

Including or being included within a group.

---

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 7.4)

# PARTICIPATION

(Noun)

Taking part in an activity.

---

Monica showed safe participation  
by following instructions and using  
the paddle correctly.

(VA SOL 7.4)

# PEER

(Noun)

A person of the same age, group,  
or ability as another person.

---

Fred and Tom are peers who are  
both on the same team.

*(VA SOL 7.4)*

# 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 7.4)

# 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 7.4)*

# 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 7.4)*

# 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 7.4)

# SELF-OFFICIATE

(Verb)

When a group plays a game by the rules and keep score by being honest. A referee is not needed.

There were multiple games going on at once, so each team was responsible for self-officiating.

(VA SOL 7.4)

# SKILL

(Noun)

The ability to do something well.

---

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

*(VA SOL 7.4)*

# STRATEGY

(Noun)

A plan of action for achieving a goal.

---

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

*(VA SOL 7.4)*

# STRESS MANAGEMENT

(Noun)

Techniques used for controlling a person's level of stress in response to specific challenges or demands.

Yoga became so enjoyable and relaxing for Kecia that she used it for stress management during study breaks at testing time.

(VA SOL 7.4)

# TONE OF VOICE

(Noun)

The vocal sound regarding its pitch, quality, and strength.

Mrs. Herrick's tone of voice was kind when she spoke to her students.

*(VA SOL 7.4)*

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

**GRADE SEVEN**

Energy Balance



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# **AEROBIC ENERGY SYSTEM**

(Noun)

The body produces the most energy with this system, but at a low intensity. Aerobic exercise works the heart and lungs to help the body use oxygen better.

---

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

(VA SOL 7.5)

# **ANAEROBIC ENERGY SYSTEM**

(Noun)

The energy system used when the body produces energy without oxygen. Anaerobic exercise is short duration (less than two minutes), high intensity exercise that does not use oxygen for energy.

---

Strength-based exercises such as sprinting are anaerobic activities.

*(VA SOL 7.5)*

# ENERGY BALANCE

(Noun)

The balance between calories taken in from food compared to calories burned through physical activity. The balance is positive (weight gain) when the body stores extra food as fats and negative (weight loss) when the body uses stored fat to provide energy for movement.

Mandy wanted to assess her energy balance, so she started measuring her caloric intake and expenditure.

(VA SOL 7.5)

# 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 is moving faster, her heart rate is going to increase.

(VA SOL 7.5)

# HYDRATION

(Noun)

A supply of water to the body to restore or maintain a balance of fluids.

Joy took a quick hydration break during soccer practice to replenish the water in her body.

(VA SOL 7.5)

# MACRONUTRIENTS

(Noun)

Nutrients required in large amounts for proper body functioning, including protein, fat, and carbohydrates.

Lucas identified fats, proteins, and carbohydrates as the macronutrients used in the human body.

(VA SOL 7.5)

# MINERALS

(Noun)

Substances in food, like iron, calcium, and potassium, that help the body grow and stay healthy.

---

Mr. Rossi taught his class the importance of getting an appropriate amount of minerals such as salt in their diet.

(VA SOL 7.5)

# MUSCULAR ENDURANCE

(Noun)

The ability of a muscle to continue to perform without fatigue.

---

Cole demonstrated his impressive muscular endurance by performing 75 curl-ups during his fitness test.

(VA SOL 7.5)

# MUSCULAR STRENGTH

(Noun)

The maximum amount of force a muscle can produce in a single effort.

---

Lifting weights is one way athletes can develop their muscular strength.

*(VA SOL 7.5)*

# NUTRIENTS

(Noun)

Substances in food that provide nourishment essential for growth and development.

---

Blair consumes a variety of nutrients to stay healthy.  
(VA SOL 7.5)

# NUTRITION

(Noun)

The process of using food necessary for health and growth.

---

Julie chooses healthy foods because she knows that nutrition is important for her to be healthy.

*(VA SOL 7.5)*

# PORTION SIZE

(Noun)

The amount of food a person decides to eat at one time.

---

Kevin wanted to gain weight, so he ate larger portion sizes of healthy foods.

*(VA SOL 7.5)*

# **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 7.5)*

# **RECOMMENDED DIETARY ALLOWANCE (RDA)**

(Noun)

The suggested daily levels of essential nutrient intake.

Maurice uses the Recommended Dietary Allowance of various nutrients to plan his meals.

(VA SOL 7.5)

# 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 7.5)*

# SALT

(Noun)

A mineral that helps maintain blood pressure, manages the amount of water in the cells, and keep nerves operating.

---

The teacher said we should avoid foods that are too high in salt because it can increase our blood pressure.

(VA SOL 7.5)

# SUGAR

(Noun)

A carbohydrate that is found naturally in fruits, vegetables, and milk products. It is also added to many foods during processing.

---

The students were asked to create a daily meal plan that was low in sugar.

*(VA SOL 7.5)*

# VIGOROUS

(Adjective)

Done with great force and energy.

---

Vera exercised vigorously to condition her cardiovascular system.

*(VA SOL 7.5)*

# VITAMINS

(Noun)

Substances found in food that are essential for normal growth and body functions.

---

Orange juice contains Vitamin C.  
(VA SOL 7.5)