

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

## GRADE EIGHT Social Development



More Physical Education Curriculum Tools at [www.OPENPhysEd.org](http://www.OPENPhysEd.org)  
OPEN is a Public Service of US Games

# BENEFIT

(Noun)

An advantage gained from something.

---

Having fun with your friends is one benefit  
of being physically active with a group.

*(VA SOL 8.4)*

# 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 8.4)

# 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 8.4)

# 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 8.4)

# 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 8.4)

# 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 8.4)

# ENCOURAGEMENT

(Noun)

Support, confidence, or hope offered by someone.

---

Paul offered his friends encouragement by telling them how much their skills had improved during their practice.

(VA SOL 8.4)

# 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 8.4)

# FEEDBACK

(Noun)

Information provided in reaction to a performance or action.

Anthony gave corrective feedback to his partner by telling him how he could improve his serve.

(VA SOL 8.4)

# 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 8.4)

# 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 8.4)

# PILATES

(Noun)

A system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture and to enhance mental awareness.

Rosemarie worked out at home using a Pilates DVD to increase her core strength and flexibility.

(VA SOL 8.4)

# 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 8.4)

# RESPECTFUL

(Adjective)

To be polite and thoughtful.

---

I show respectful behavior to my teacher by listening and following directions.

*(VA SOL 8.4)*

# TAI CHI

(Verb)

An ancient Chinese martial art that involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Nicole started practicing tai chi to work on her relaxation and fitness.

(VA SOL 8.4)

# TEAMWORK

(Noun)

The combined action and effort of a group of people working toward a goal.

---

Destiny and Jayden knew that reaching their goal would take teamwork, so they planned to communicate and cooperate during all practices and games.  
(VA SOL 8.4)

# YOGA

(Noun)

A group of physical, mental, and spiritual practices that is done for health and relaxation.

---

Julie preferred to do yoga because she got a great workout while meditating.

(VA SOL 8.4)