

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set
**PERSONAL
FITNESS I/II**
Social Development



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

INCLUSIVE

(Adjective)

Embracing or encompassing all people or all the services, facilities, or items normally expected or required in a given situation.

Mr. Burke created an inclusive classroom atmosphere in which all students felt comfortable enough to participate fully and give the activities their best effort.

(VA SOL PF.4)

RECREATIONAL FITNESS

(Noun)

Physical activities that are often done for enjoyment, amusement, or pleasure and also have health benefits.

Alex continued to participate in recreational fitness activities after he graduated from high school by joining the outdoor adventure club in college.

(VA SOL PF.4)

SOCIAL COMPETENCY

(Noun)

A person's ability to get along with other people; affected by communication with others.

Derek demonstrated social competency throughout the entire project adventure unit by positively communicating with his classmates.

(VA SOL PF.4)