

# BACKWARD

(Adverb/Adjective)

To move away or in the direction of your backside.

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Tricia practiced her backward roll by moving onto her back and up over her head.

(VA SOL 1.1)

# BALANCE

(Noun)

An even distribution of weight that allows someone or something to stay upright and steady.

Lauren jumped and then landed on two feet in order to keep her balance and not fall down.

(VA SOL 1.1)

# BEND

(Verb)

To move a body part into a  
curve or angle.

Beth was sure to bend her knees after  
she jumped so she could land softly.

*(VA SOL 1.1)*

# CATCH

(Verb)

To grab and hold something that has been thrown or dropped.

Jack had to reach up to catch the ball after it bounced very high.

*(VA SOL 1.1)*

# CURL

(Verb)

To create a curved or spiral shape.

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When Mr. Mills asked the students to identify non-locomotor skills, and they answered with “curling, twisting, and stretching.”  
(VA SOL 1.1)

# DANCE

(Verb)

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

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Deedi loved to dance and put movements together to go with her favorite songs.

*(VA SOL 1.1)*

# DRIBBLE

(Verb)

To control a ball by giving it a series of short kicks or pushes. Soccer requires foot dribbling. Basketball requires hand dribbling. Floor hockey requires stick dribbling.

Dribble the ball as quickly as you can to beat your partner down the court.

(VA SOL 1.1)

# FAST

(Adjective)

Moving or acting at a high speed.

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Devin was fast and moved so quickly through the cones that no one could catch him.

*(VA SOL 1.1)*

# FORWARD

(Adjective/Adverb)

Traveling in the direction that  
you are facing.

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Catherine's favorite skill in gymnastics is  
the forward roll.

*(VA SOL 1.1)*

# GALLOP

(Verb)

A sliding movement performed in a forward direction.

Students were asked to move like a horse, so they galloped.

*(VA SOL 1.1)*

# GENERAL SPACE

(Noun)

The area within a boundary where many people must all move safely.

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In physical education class, we share general space so that everyone can move safely within the boundaries.

*(VA SOL 1.1)*

# GYMNASTICS

(Noun)

Exercises developing or displaying physical agility and coordination.

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By the end of the gymnastics unit, the students we able to walk across a balance beam.

*(VA SOL 1.1)*

# HIGH

(Adjective/Adverb)

At a level that is far above the ground.

Dillon jumped as high as he could to reach the rope above his head.

*(VA SOL 1.1)*

# JUMP

(Verb)

To push off a surface and into the air using the power in both legs and feet.

Caleb likes to jump as high as he can to catch the ball.

(VA SOL 1.1)

# KICK

(Verb)

To hit something with your foot.

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Michelle enjoyed kicking a soccer ball to  
her friend.

*(VA SOL 1.1)*

# LEAP

(Verb)

To take off from one foot and land on the opposite foot.

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Olivia leaped over a puddle during her morning walk.

*(VA SOL 1.1)*

# LEVEL

(Noun)

The position of the body or its parts in relation to the floor, a person, a piece of equipment, etc.

Sophia knew that the three levels include low, medium, and high.

*(VA SOL 1.1)*

# MANIPULATIVE SKILL

(Noun)

A movement done to or with objects, such as throwing, striking, and catching.

Preston was performing the manipulative skills of dribbling and shooting when he was playing with the basketball.

*(VA SOL 1.1)*

# MODERATE

(Adjective)

Average in intensity.

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Mr. Renta had his students choose a moderate pace for the warm-up activity.

*(VA SOL 1.1)*

# NON-LOCOMOTOR SKILLS

(Noun)

Movements that occur in body parts or the whole body, but do not cause the body to travel to another space.

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To demonstrate a non-locomotor skill,  
Caitlin clapped to the rhythm of the music.  
*(VA SOL 1.1)*

# PATHWAY

(Noun)

A course along which a body moves as it travels through general space.

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Lauren followed a zigzag pathway as she dribbled through the cones.

*(VA SOL 1.1)*

# PERSONAL SPACE

(Noun)

The space around students, free of objects and people, no matter which direction they move.

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Sarah stayed in her personal space with her balloon to practice her striking skills safely.

*(VA SOL 1.1)*

# ROLL

(Verb)

To move (or cause to move) across a surface by turning over and over.

Liz rolled the ball across the floor to her partner.

*(VA SOL 1.1)*

# **SIDE-TO-SIDE**

(Adjective/Adverb)

Alternately moving left to right from a central point.

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Michael shuffled side-to-side  
across the gym.  
(VA SOL 1.1)

# SIDEWAYS

(Adverb)

To, toward, or from the side.

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Mr. Panario explained to his students  
that sliding is a sideways movement.

*(VA SOL 1.1)*

# SKIP

(Verb)

A step-hop combination done in an uneven rhythm, alternating the lead foot.

Lillie liked to skip along the sidewalk on her way to school each morning.

*(VA SOL 1.1)*

# SLIDE

(Verb)

A movement forward with an uneven rhythm where one foot leads and the other foot follows with toes pointing sideways.

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Hakeem was practicing his slide on a curved pathway.

*(VA SOL 1.1)*

# SLOW

(Adjective)

Moving or acting at a low speed.

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Katie made a slow pass so that it was easy for Rebecca to control it.

*(VA SOL 1.1)*

# SPEED

(Noun)

The ability to move the body rapidly from one point to another.

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Ralph's running speed was amazing. Sara was the only student in the entire school that could keep up with him.

*(VA SOL 1.1)*

# STRAIGHT

(Adjective)

Moving in one direction only;  
without a curve or bend.

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Bianca was galloping along a straight  
pathway.

*(VA SOL 1.1)*

# STRETCH

(Verb)

To straighten your body or a part of your body to its full length to make the muscles more flexible.

Callie wanted to be more flexible, so Mr. Pashkin suggested that she begin stretching more often.

*(VA SOL 1.1)*

# STRIKE

(Verb)

To hit with force.

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Ben held the bat in both hands to strike  
the ball off the tee.

*(VA SOL 1.1)*

# TARGET

(Noun)

An object or place you aim at.

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Brianna looked at her target before  
throwing the ball.

*(VA SOL 1.1)*

# THROWING

(Verb)

To send an object through the air by moving the arm and hand.

Nicole often practiced throwing because she played softball.

*(VA SOL 1.1)*

# TRANSFER OF WEIGHT

(Noun)

A change in the center of gravity beyond its base of support in order to create movement or generate force.

Kristen transferred her weight forward when she kicked the ball.

*(VA SOL 1.1)*

# TWISTING

(Verb)

To rotate your body while keeping your feet in one place.

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Miss Hulse said we are going to work on our twisting, bending, and curling.  
(VA SOL 1.1)

# UNDERHAND

(Adjective)

Done with the arm or hand below shoulder level.

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Because the students were still learning how to hit the softball, Mrs. Johnson threw an underhand pitch.

*(VA SOL 1.1)*

# **VOLLEY**

(Verb)

To hit a ball or object up into the air many times without stopping

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Wendy volleyed the balloon up into the air three times.

*(VA SOL 1.1)*

# ZIGZAG

(Noun)

A pathway with a series of sharp right and left turns.

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Maggie moved in a zigzag across the court to avoid other students in the game.

*(VA SOL 1.1)*