

BONES

(Noun)

Any of the 206 pieces of hard, whitish tissue making up the skeleton.

Some of the bones in the body are the skull, the rib cage, and the femur.

(VA SOL 1.2)

BRAIN

(Noun)

An organ located in the skull that controls our thinking and movement.

If your brain is healthy, you will be able to think more clearly and feel more energetic.

(VA SOL 1.2)

GENERAL SPACE

(Noun)

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

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

(VA SOL 1.2)

HEART

(Noun)

The muscular organ that pumps blood through the body.

Joshua's heart beats faster when he plays tag in physical education.

(VA SOL 1.2)

LUNGS

(Noun)

Two organs in the chest that help us breathe.

George took a deep breath to fill up his lungs.
(VA SOL 1.2)

MOVEMENT

(Noun)

The act of changing location or position.

Skipping is a fun movement that helps you move from one side of the activity area to the other.

(VA SOL 1.2)

MUSCLE

(Noun)

Body tissue that can change its size to move body parts.

The bicep is a muscle that helps our arm bend.

(VA SOL 1.2)

PERSONAL SPACE

(Noun)

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

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

(VA SOL 1.2)