

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

**GRADE TWO**

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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# GRADE TWO

# Motor Skill Development



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# 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 to keep her balance and not fall.

*(VA SOL 2.1)*

# CATCH

(Verb)

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

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

*(VA SOL 2.1)*

# DANCE

(Verb)

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

---

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

(VA SOL 2.1)

# 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 2.1)

# **GALLOP**

(Verb)

A sliding movement performed in a forward direction.

---

Students galloped around the gym,  
moving like a horse.

*(VA SOL 2.1)*

# HARD

(Adverb)

An action done with a lot of force or strength.

---

When Ella dribbles the soccer ball too hard, it rolls away out of her control.

*(VA SOL 2.1)*

# HOP

(Verb)

A locomotor movement in which you take off on one foot and land on the same foot.

---

Sarah hopped forward three times before picking up the beanbag.  
(VA SOL 2.1)

# JOG

(Verb)

A run performed at a steady,  
gentle pace.

---

Melissa jogged around the block every  
few days as her choice of regular  
physical activity.

(VA SOL 2.1)

# JUMP

(Verb)

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

---

Kevin jumps into the air when taking a shot with the basketball.

*(VA SOL 2.1)*

# KICK

(Verb)

To hit something with your foot.

---

Michelle enjoyed kicking a soccer ball to her friend.

(VA SOL 2.1)

# LEAP

(Verb)

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

Olivia leaped over a puddle during her morning walk.

*(VA SOL 2.1)*

# 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 2.1)

# PASS

(Verb)

To move an object from one space to another, often to a person.

Josh passed the ball to Javier's hands so that it was easy to catch.

*(VA SOL 2.1)*

# RHYTHM

(Noun)

A regular pattern of sound or movement.

---

It is fun to march to the  
rhythm of the music.

*(VA SOL 2.1)*

# 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 2.1)*

# RUN

(Verb)

To go forward moving your legs faster than walking.

Michael needed to run quickly to avoid being tagged in the game.

*(VA SOL 2.1)*

# 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 2.1)*

# SLIDE

(Verb)

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

Hakeem was practicing his slide on a curved pathway.

(VA SOL 2.1)

# SOFT

(Adjective)

An action done lightly, without a lot of force. Opposite of hard.

---

Hannah's kick was so soft that it only rolled a few inches away from her foot.

*(VA SOL 2.1)*

# STRIKE

(Verb)

To hit with force.

---

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

(VA SOL 2.1)

# TARGET

(Noun)

An object or place you aim at.

---

Brianna looked at her target before  
throwing the ball.

*(VA SOL 2.1)*

# 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 2.1)*

# TRANSFER OF WEIGHT

(Noun)

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

---

Kristen transferred her weight forward when she did a cartwheel.

*(VA SOL 2.1)*

# UNDERHAND

(Adjective)

Done with the arm or hand below shoulder level.

---

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

*(VA SOL 2.1)*

# **VOLLEY**

(Verb)

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

---

Wendy volleyed the balloon up into the air three times.

*(VA SOL 2.1)*

# WALK

(Verb)

To move forward or backward one foot at a time. Walking is slower than running.

---

Mrs. Parker expects the students in her class to walk when they are in the hallway.  
(VA SOL 2.1)

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# GRADE TWO

## Anatomical Basis of Movement



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# ABDOMINALS

(Noun)

Muscles of the stomach.

---

Mason did sit-ups to make his  
abdominals stronger.

*(VA SOL 2.2)*

# 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 to keep her balance and not fall.

*(VA SOL 2.2)*

# BICEPS

(Noun)

Large muscles located in the upper part of the arm.

Mr. Evangelista asked his students to flex their biceps so they curled their arm and made a fist.

(VA SOL 2.2)

# BODY COMPOSITION

(Noun)

The amount of lean tissue compared to fat tissue in the body.

Jayden tried to improve his body composition by exercising often and eating well.

(VA SOL 2.2)

# **CARDIORESPIRATORY ENDURANCE**

(Noun)

The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.

Emily worked on her cardiorespiratory endurance by doing jumping jacks until he felt his heart rate and breathing intensify.

(VA SOL 2.2)

# CARDIORESPIRATORY SYSTEM

(Noun)

A body system in which the heart, blood, vessels, and lungs work together to provide and maintain a healthy body.

---

Park labeled the parts of the cardiorespiratory system on the chart as the heart, lungs, blood, and vessels.

(VA SOL 2.2)

# DYNAMIC

(Adjective)

Something that is always  
changing or moving.

---

Dribbling a soccer ball is a dynamic skill  
because both you and the ball are  
always moving.

(VA SOL 2.2)

# 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 2.2)

# 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 2.2)

# LUNGS

(Noun)

Two organs in the chest that help us breathe.

George took a deep breath to fill up his lungs.

*(VA SOL 2.2)*

# MAJOR BONES

(Noun)

The largest or most crucial bones found in the human body.

---

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

(VA SOL 2.2)

# MUSCLE

(Noun)

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

---

Building muscle in our bodies helps us to do everyday things like lifting heavy objects.

(VA SOL 2.2)

# OVER

(Preposition)

Directly above something.

---

Ben held his hand over his head  
because he wanted to answer the  
teacher's question.

(VA SOL 2.2)

# 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 2.2)

# QUADRICEPS

(Noun)

The large muscles at the front of the upper legs that helps them straighten.

The students' quadriceps were tired the day after they practiced the long jump.

*(VA SOL 2.2)*

# RIBS

(Noun)

Curved chest bones that are attached to the spine and protect the heart and lungs.

---

Jackson correctly located his ribs by touching the side of his chest.

*(VA SOL 2.2)*

# SKULL

(Noun)

The bone of the head that protects the brain.

---

When Mr. Sullivan asked what bone the skull attaches to, Sally answered correctly by saying the spine.

(VA SOL 2.2)

# SPATIAL AWARENESS

(Noun)

Understanding of where your  
body is in space.

---

Zach's spatial awareness helped him  
move safely in the crowded area.

*(VA SOL 2.2)*

# SPINE

(Noun)

The backbone that protects the spinal cord that runs from the skull to the small of the back.

---

When June bent over, Justine could see the ridges of her spine.

(VA SOL 2.2)

# STATIC

(Adjective)

Something that has no movement or change. Opposite of dynamic.

---

Elijah stayed in a static position like he was frozen.

*(VA SOL 2.2)*

# UNDER

(Preposition)

Directly below something.  
Opposite of over.

---

The yarn balls were hidden  
under the cone.  
(VA SOL 2.2)

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## GRADE TWO Fitness Planning



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# **CARDIORESPIRATORY ENDURANCE**

(Noun)

The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.

---

Emily worked on her cardiorespiratory endurance by doing jumping jacks until he felt his heart rate and breathing intensify.  
(VA SOL 2.3)

# FLEXIBILITY

(Noun)

The ability to bend and move joints through their full range of motion.

---

Emma's flexibility was the best in the class because she followed her PE teacher's advice to warm-up and cool-down when participating in physical activities.

(VA SOL 2.3)

# 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 2.3)*

# MUSCULAR ENDURANCE

(Noun)

The ability of a muscle to continue to perform without getting tired.

---

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

(VA SOL 2.3)

# MUSCULAR STRENGTH

(Noun)

To be physically strong.

---

The students did exercises and jumping activities to build up the muscular strength in their legs.

(VA SOL 2.3)

# 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 2.3)

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## GRADE TWO Social Development



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# CHALLENGE

(Noun)

Something that is difficult and requires effort to accomplish.

Becky often practiced many of the jump rope tricks because they were a challenge.

*(VA SOL 2.4)*

# 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 2.4)

# PARTICIPATION

(Noun)

Taking part in an activity.

---

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

*(VA SOL 2.4)*

# SAFE

(Adjective)

Not likely to be hurt or harmed.

---

Rahim stays safe by following all rules in physical education class to protect himself and his classmates from injury.

(VA SOL 2.4)

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**GRADE TWO**

Energy Balance



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# DAIRY

(Adjective)

Milk or food made from milk.

---

Tyler had dairy products every day to help his bones stay strong.

*(VA SOL 2.5)*

# HYDRATION

(Noun)

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

Liam drinks water before, during, and after exercising to maintain a high level of hydration. By staying hydrated, he can perform his best.

(VA SOL 2.5)

# 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 2.5)