

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

# GRADE TWO

# Motor Skill Development



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

# BALANCE

(Noun)

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

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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.

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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.

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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.

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

# JOG

(Verb)

A run performed at a steady,  
gentle pace.

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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.

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

*(VA SOL 2.1)*

# KICK

(Verb)

To hit something with your foot.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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