

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE TWO Fitness Planning



More Physical Education Curriculum Tools at www.OPENPhysEd.org
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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)