

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE TWO

Energy Balance



More Physical Education Curriculum Tools at www.OPENPhysEd.org
OPEN is a Public Service of US Games

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)