

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE NINE

Motor Skill Development



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

(Noun)

Sports, physical activities, and exercises done in or on water.

Alexa loves aquatics because she swims like a dolphin and spends a lot of time in a pool.

[VA SOL 9.1]

BALANCE

(Noun)

An even distribution of weight enabling someone or something to remain upright and steady.

Ashlee was able to maintain her balance as she safely crossed the log over the creek.

[VA SOL 9.1]

BIOMECHANICS

(Noun)

The study of the mechanical laws relating to the movement or structure of living organisms.

Blair filmed Josh running the 100m hurdles in order to analyze his biomechanics and compare his form with gold medalist Brianna Rollins.

[VA SOL 9.1]

COMPETENCY

(Noun)

The ability to do something successfully or efficiently.

Sarah demonstrated competency on the paddle board by standing and paddling through the designated course.

[VA SOL 9.1]

DESIGN

(Noun)

Purpose, planning, or intention that exists or is thought to exist behind an action, fact, or material object.

The design of a personal fitness plan should fit your individual wellness goals.

[VA SOL 9.1]

ENERGY

(Noun)

The strength and vitality required for sustained physical or mental activity that is produced by the essential nutrients.

Balanced nutrition, proper hydration, and sufficient sleep are crucial if you wish to have enough energy for exercise.

[VA SOL 9.1]

EVALUATE

(Verb)

To form an idea regarding the amount, number, or value of something; assess; to judge or determine the significance, worth, or quality of something.

The students used a rubric to evaluate and record their performance on the paddle board self-assessment.

[VA SOL 9.1]

FIELD

(Verb)

To handle the ball while playing defense in a sport such as baseball, softball, or cricket.

During today's softball lesson, Deedi was fielding ground balls using proper form and good positioning.

[VA SOL 9.1]

FITNESS

(Noun)

The condition of being physically fit and healthy.

To truly maintain excellent fitness, one cannot focus on exercise alone: proper nutrition is also important.

[VA SOL 9.1]

FORCE

(Noun)

Strength or energy as an attribute of physical action or movement.

During volleyball practice, Allison applied a great deal of force in order to successfully serve the ball over the net.

[VA SOL 9.1]

HEALTH-RELATED FITNESS

(Noun)

Five physical fitness components that directly relate to good health which include: cardiovascular endurance, muscular strength, flexibility, muscular endurance, and body composition.

Sheneeka did a pre-assessment of her health-related fitness components and concluded her muscular strength required improvement.

[VA SOL 9.1]

IMPLEMENT

(Verb)

To put into effect according to or by means of a definite plan or procedure.

Jackson implemented his personal fitness plan into his daily schedule.

[VA SOL 9.1]

LEVER

(Noun)

A moderately rigid object or bone that may rotate about an axis by the application of force. i.e.: bone that can move around a joint by the muscles that are attached.

Without the many levers in our bodies, we would not be able to move or perform basic tasks.

[VA SOL 9.1]

LOCOMOTOR MOVEMENT

(Noun)

A motion used to travel through space, such as walking, running, hopping, jumping, leaping, galloping, skipping, and sliding.

The triple jump involves the locomotor movements of running, hopping, and jumping.

[VA SOL 9.1]

MANIPULATIVE SKILL

(Noun)

Any motor skill that involves using hands, feet, or another body part to move or manipulate an object.

Because Jeff has excellent manipulative skills, he excels in golf, basketball, tennis, and lacrosse.

[VA SOL 9.1]

MODIFY

(Verb)

To make partial or minor changes to something in order to achieve success.

Kira understood that her strength was still developing, so she chose to modify the exercise in order to perform it safely.

[VA SOL 9.1]

MOTION

(Noun)

The action or process of moving or being moved.

The crowd followed the motion of the soccer ball with their eyes after the player kicked it toward the goal.

[VA SOL 9.1]

MUSCLE CONTRACTION

(Noun)

The movement of tension-generated sites within muscle fibers in response to load or force; causes the muscle to tighten and shorten.

Christian watched the muscle contraction in his arm as he was lifting weights.

[VA SOL 9.1]

NON-LOCOMOTOR MOVEMENT

(Noun)

Motions of the body that do not cause the body to travel a distance through space, such as turning, twisting, swinging, shaking, bending, and stretching.

As Julia walked by Juan, she noticed that he was performing the non-locomotor movement of bending down and touching his toes.

[VA SOL 9.1]

OUTDOOR PURSUITS

(Noun)

Physical activities that take place in natural or semi-natural settings outside, such as mountain biking, orienteering, canoeing, and rock climbing.

Mr. Blank has added outdoor pursuits to his curriculum for physical education because his students love to be in nature.

[VA SOL 9.1]

OVERLOAD

(Verb)

To place an excessive load or amount;
to do more over time.

When Tyler decided to overload his bench press, he made sure Evan was there to spot him.

[VA SOL 9.1]

PHYSIOLOGY

(Noun)

The branch of biological science dealing with the functions and activities of living organisms and their parts.

Clark used his knowledge of physiology to analyze his movements and improve his long jump.

[VA SOL 9.1]

PROFICIENCY

(Noun)

A high degree of skill; mastery or expertise.

Tyler's proficiency in basketball made him a very tough opponent for even the best players in class.

[VA SOL 9.1]

PROGRESSION

(Noun)

A movement or development toward a destination or a more advanced state, especially gradually or in stages.

In the beginning, Steve could only throw a short distance, but he worked his way through different practice progressions to gain distance on his throw.

[VA SOL 9.1]

REFINEMENT

(Noun)

The improvement or clarification of something by the making of small changes.

Bill's refinements to his golf swing help him make improvements in his game.

[VA SOL 9.1]

RHYTHMIC ACTIVITIES

(Noun)

A series of movements in which individuals can take part while any steady or prominent beat is present.

Mr. Johnson wanted his students to participate in rhythmic activities, so he introduced a Drum Fit unit.

[VA SOL 9.1]

ROTATION

(Noun)

The action of turning around an axis or center.

Erika, a dominate softball pitcher, used rotation to perform a windmill pitch.

[VA SOL 9.1]

SPECIFICITY

(Noun)

The quality or condition of being specific; working on a specific body area.

Jonah needed to improve is balance and decided to include specificity aimed at strengthening his core muscles.

[VA SOL 9.1]

STRIKE

(Verb)

To come into forcible contact or collision
with an object.

Jana's club was striking the golf ball perfectly
because she had taken the time to practice her
swing.

[VA SOL 9.1]