

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE NINE

Social Development



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

ANXIETY

(Noun)

A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

Jackie realized that taking a 15-minute walk helped to ease her feeling of anxiety caused by her upcoming final exams.

[VA SOL 9.4]

CONFLICT RESOLUTION

(Noun)

A way for two or more parties to find a peaceful solution to a disagreement among them.

Teams with plans for conflict resolution tend to perform better during competition if the situation becomes stressful.

[VA SOL 9.4]

DANCE

(Verb)

To move rhythmically to music, typically following a set sequence of steps.

Dancing is a great way to have fun and improve cardiovascular endurance at the same time.

[VA SOL 9.4]

HYDRATION

(Noun)

The level of water supplied to the body in order to restore or maintain a balance of fluids.

Joy took a quick hydration break during soccer practice to replenish her body.

[VA SOL 9.4]

MENTAL ALERTNESS

(Noun)

The state of being consciously aware of one's thoughts and surroundings.

Mental alertness is crucial during competition in order to assess the actions of both teams and respond accordingly.

[VA SOL 9.4]

POSITIVE TEAM / GROUP DYNAMICS

(Noun)

The set of helpful behaviors and interactions a group of individuals employ as they work together.

Jordan observed positive group dynamics within the team: when an issue arose, everyone was able to find a solution together and without arguing.

[VA SOL 9.4]

PROBLEM-SOLVING

(Adjective)

Relating to the process of finding solutions to difficult issues.

Jess used his problem-solving skills to successfully navigate all the obstacles in the project adventure unit.

[VA SOL 9.4]

PROPER ALIGNMENT

(Noun)

Arrangement in a straight line or the correct or appropriate relative positions.

Rory was successful during the handstand challenge because she was very good at maintaining proper alignment during her handstand.

[VA SOL 9.4]

PSYCHOLOGICAL BENEFITS

(Noun)

A positive effect on the mind, especially as a function of awareness, feeling, or motivation.

Sookie loves yoga because it has many psychological benefits.

[VA SOL 9.4]

SOCIAL SUPPORT

(Noun)

Various types of support that people receive from others; generally classified into emotional or instrumental support.

Luke felt very comfortable participating in the group discussion because he could feel that his classmates were giving him a good deal of social support.

[VA SOL 9.4]