

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

# KINDERGARTEN

## 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 to stay upright and steady.

*Lauren jumped and then landed on two feet in order to keep her balance and not fall down.*

(VA SOL K.1)

# BEND

(Verb)

To move a body part into a  
curve or angle.

*I will bend my knees after  
I jump to land softly.*

(VA SOL K.1)

# **BOUNCE**

(Verb)

To move quickly back or away from a surface after hitting it.

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*Dropping a basketball straight down to the floor will make it bounce back up to your hands.*

(VA SOL K.1)

# CATCH

(Verb)

To grab and hold something that has been thrown or dropped.

*Jack had to reach up to catch the ball after it bounced very high.*

(VA SOL K.1)

# CRITICAL ELEMENTS

(Noun)

The individual parts of a skill that are important to successful performance.

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*Stepping toward the target is one of the critical elements of throwing a ball.*

(VA SOL K.1)

# CURVE

(Verb)

To travel in pathways that gradually moves off a straight line.

*Max decided to skip on a curving pathway that formed a giant circle.*

(VA SOL K.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 K.1)

# FAST

(Adjective)

Moving at a high speed.

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*Dylan was fast and moved so quickly through the cones that no one could catch him.*

(VA SOL K.1)

# FORWARD

(Adjective/Adverb)

Traveling in the direction that  
you are facing.

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*Catherine's favorite skill in gymnastics is  
the forward roll.*

(VA SOL K.1)

# GALLOP

(Verb)

A sliding movement performed in a forward direction.

*Students were asked to move like a horse, so they galloped.*

(VA SOL K.1)

# HIGH

(Adjective/Adverb)

At a level that is far above the ground.

*Julie jumped as high as she could to reach the rope above her head.*

(VA SOL K.1)

# HOP

(Verb)

A locomotor movement in which the performer takes off on one foot and lands on the same foot.

*Sarah hopped forward three times before picking up the beanbag.*

(VA SOL K.1)

# JUMP

(Verb)

To push off a surface and into the air using the power in both legs and feet.

*Caleb likes to jump as high as he can to catch the ball.*

(VA SOL K.1)

# KICK

(Verb)

To hit something with your foot.

*Michelle enjoyed kicking a soccer ball to her friend.*

(VA SOL K.1)

# LEVEL

(Noun)

The position of the body or its parts in relation to the floor, a person, a piece of equipment, etc.

*Sophia knew that the three levels include low, medium, and high.*

(VA SOL K.1)

# LOCOMOTOR SKILLS

(Noun)

The basic ways to move your body through space.

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*Dane's favorite locomotor skill is a skip,  
but Betsy prefers to run.*

(VA SOL K.1)

# LOW

(Adjective/Adverb)

At a level that is close to the ground.

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*Jamel had to crawl low to the ground in order to move under the rope.*

(VA SOL K.1)

# MANIPULATIVE SKILL

(Noun)

A movement done to or with objects, such as throwing, striking, and catching.

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*Preston was performing the manipulative skills of throwing and catching when he was playing with the Frisbee.*

(VA SOL K.1)

# NON-LOCOMOTOR SKILLS

(Noun)

Movements that occur in body parts or the whole body, but do not cause the body to travel to another space.

*To demonstrate a simple non-locomotor skill, Caitlin clapped to the rhythm of the music.*

(VA SOL K.1)

# PATHWAY

(Noun)

A course or track along which a body or object moves as it travels through general space.

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*Lauren followed a zigzag pathway as she dribbled through the cones.*

(VA SOL K.1)

# ROLL

(Verb)

To move (or cause to move) across a surface by turning over and over.

*Liz rolled the ball across the floor to her partner.*

(VA SOL K.1)

# RUN

(Verb)

A transfer of weight from one foot to the other that involves momentary loss of contact with the floor or ground by both feet; similar to walking but with a longer stride and faster.

*During the game of tag, Michael needed to run quickly to avoid being tagged.*

(VA SOL K.1)

# SIDE-TO-SIDE

(Adjective/Adverb)

Alternately moving left to right from a central point.

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*Giana shuffled side-to-side.*

(VA SOL K.1)

# SIDEWAYS

(Adverb)

To, toward, or from the side.

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*Mr. Panariello explained to his students  
that sliding is a sideways movement.*

(VA SOL K.1)

# SLOW

(Adjective)

Moving or acting at a low speed.

*Tony moved through the exercises at a slow pace because he wanted to take his time and make sure he used proper form.*

(VA SOL K.1)

# SPEED

(Noun)

The ability to move the body rapidly from one point to another.

*Ralph's running speed was amazing. Sara was the only student in the entire school that could keep up with him.*

(VA SOL K.1)

# STATIONARY

(Adjective)

Not moving.

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*When learning how to kick a soccer ball,  
we start by kicking a stationary ball.*

(VA SOL K.1)

# STRAIGHT

(Adjective)

Moving in one direction only; without a curve or bend.

*Bianca was galloping along a straight pathway.*

(VA SOL K.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 K.1)

# TARGET

(Noun)

An object you aim at.

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*Brianna looked at her target before  
throwing the ball.*

(VA SOL K.1)

# THROW

(Verb)

To send an object through the air by moving the arm and hand.

*Nicole often practiced throwing because she loved to play softball.*

(VA SOL K.1)

# TURN

(Verb)

To rotate the body or another object.

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*Abby started out facing one direction, but then she turned to face the other direction.*

(VA SOL K.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 K.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 K.1)

# WALK

(Verb)

A transfer of weight from one foot to the other that involves alternately losing balance and recovering it while moving forward or backward.

*Mrs. Parker expects the students in her class to walk when they are in the hallway.*

*(VA SOL K.1)*

# ZIGZAG

(Noun)

A pathway with a series of sharp right and left turns.

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*Maggie moved in a zigzag across the court to avoid other students in the game.*

(VA SOL K.1)