

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

KINDERGARTEN

Anatomical Basis of Movement



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

FAST

(Adjective)

Moving at a high speed.

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

(VA SOL K.2)

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 K.2)

PERSONAL SPACE

(Noun)

The space around students, free of objects and people, no matter which direction they move.

Sarah stayed in her personal space with her balloon to practice her striking skills safely.

(VA SOL K.2)

MUSCLE

(Noun)

Tissue that can contract to
move body parts.

*Building muscle in our bodies helps us
to do everyday things, like climbing on a
jungle gym and lifting heavy objects.*

(VA SOL K.2)