

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

KINDERGARTEN

Energy Balance



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

ENERGY BALANCE

(Noun)

The relation between intake of food and output of work that is positive when the body stores extra food as fats and negative when the body draws on stored fat to provide energy for work.

Mandy wanted to learn more about energy balance, so she started writing down how much food she ate and how often was able to be physically active.

(VA SOL K.5)

MOVEMENT

(Noun)

The act of changing physical location or position.

Skipping is a fun movement that helps you move from one side of the activity area to the other.

(VA SOL K.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 K.5)