

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set GRADE ELEVEN/TWELVE (ELECTIVE)

THIS PROJECT IS MADE POSSIBLE THROUGH A PARTNERSHIP BETWEEN

The Virginia Department of Education

SUNY Cortland

The SUNY Cortland Activity and Movement Pedagogy Lab (AMP Lab)

& OPEN (The Online Physical Education Network)

Please share. This is an open-source project.

Kindly reference OPENPhysEd.org, The SUNY Cortland AMP Lab, and the VA DOE.



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Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set
GRADE
ELEVEN/TWELVE
Motor Skill Development



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ANALYZE

(Verb)

To examine methodically and in detail the constitution and/or structure of something; especially information.

The students were asked to analyze their partners' dance performances to see what specific locomotor skills were used.

[VA SOL 11/12.1]

APPLY

(Verb)

To put into operation or practical use.

The students were able to apply the skills they developed in pickleball to help with their badminton unit.

[VA SOL 11/12.1]

BIOMECHANICAL

(Adjective)

Relating to the mechanics of a living body, especially of the forces exerted by muscles and gravity on the skeletal structure.

Martin studied and understood the biomechanical components of each skill that he was working to improve.

[VA SOL 11/12.1]

CONSISTENCY

(Noun)

Achievement of a level of performance that does not vary greatly in quality over time.

After practicing the drill multiple times, Cathy showed consistency in hitting the right corner of the net every time she kicked the ball.

[VA SOL 11/12.1]

CONTRAST

(Verb)

To compare in such a way as to emphasize differences.

The students were asked to contrast the backhand and forehand strokes in tennis so that they could more easily distinguish between them in the future.

[VA SOL 11/12.1]

DEFENSIVE

(Adjective)

The action or role of defending one's goal against an opponent.

Colby's soccer team practiced new defensive strategies so that they could oppose the other team's offensive strength.

[VA SOL 11/12.1]

MASTERY

(Noun)

Comprehensive knowledge or skill in a subject or activity.

Susie's mastery in tennis is a result of months of practice and dedication.

[VA SOL 11/12.1]

OFFENSIVE

(Adjective)

The condition of possessing the ball or being on the team attempting to score.

When the class started incorporating offensive strategies, they soon began to score more quickly.

[VA SOL 11/12.1]

OPTIMAL

(Adjective)

Best or most favorable; optimum.

Joey reached optimal performance in golf when he slightly bent his knees and rotated through his hips.

[VA SOL 11/12.1]

PERSPECTIVE

(Noun)

A particular attitude toward or way of regarding something; a point of view.

The coach's perspective as a former player enables her to help her athletes quickly improve.

[VA SOL 11/12.1]

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 11/12.1]

PROCEDURE

(Noun)

A series of actions conducted in a certain order or manner.

After Lisa's injury on the asphalt, the class was careful to follow all safety procedures in order to prevent future injuries.

[VA SOL 11/12.1]

SELF-SELECTED

(Adjective)

Chosen for oneself.

Because the instructor allowed students to design their own workout, each person's exercises were self-selected.

[VA SOL 11/12.1]

SITUATIONAL

(Adjective)

In regard to surroundings or circumstances.

It can be useful to learn a wide variety of situational strategies so that you can respond to whatever may happen during competition.

[VA SOL 11/12.1]

STRATEGY

(Noun)

A plan of action or policy designed to achieve a major or overall aim.

Claire used numerous strategies to defeat her opponent during the soccer drill.

[VA SOL 11/12.1]

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Academic Language Card Set
GRADE
ELEVEN/TWELVE
Anatomical Basis of Movement



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DYNAMIC

(Adjective)

Characterized by constant change, activity, or progress.

Nina worked on her dynamic balance by walking across a balance beam.

[VA SOL 11/12.2]

ENDURANCE

(Noun)

The capacity of something to last or to withstand.

It takes incredible endurance to complete a marathon, which is a 26.2 mile running race.

[VA SOL 11/12.2]

FLEXIBILITY

(Noun)

A measurement of one's ability to stretch a muscle or group of muscles.

If you wish to increase your flexibility, it is important to stretch regularly and with good form.

[VA SOL 11/12.2]

FORCE

(Verb)

To drive or push into a specified position or state using physical strength or against resistance.

Wayne pushed the weight sled with all the force he could muster to practice tackling his opponent in football practice.

[VA SOL 11/12.2]

MUSCLE CONTRACTION

(Verb)

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 11/12.2]

OVERLOAD

(Adjective)

Characterized by an excessive load or amount.

Tony wanted to gain muscle mass,
so he started overload training.

[VA SOL 11/12.2]

PENALTY

(Noun)

A disadvantage or handicap imposed on a player or team, typically for infringement of rules.

Trey explained the penalties associated with soccer as well as the punishments typically given for each one.

[VA SOL 11/12.2]

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 11/12.2]

STATIC

(Adjective)

Lacking in movement, action, or change.

Static stretching, like reaching for your toes and holding that position, should only be performed after physical activity; dynamic stretching should be as a warm-up.

[VA SOL 11/12.2]

WEIGHT TRANSFER

(Noun)

A change in weight from one body part to another, fully or partially.

The class was instructed to hop on the right foot three times, then perform a weight transfer and hop on the left foot three times.

[VA SOL 11/12.2]

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Academic Language Card Set GRADE ELEVEN/TWELVE Fitness Planning



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ACCELEROMETER

(Noun)

An instrument for measuring acceleration and/or movement caused by acceleration.

Many activity trackers use an accelerometer to accurately measure movement associated with physical activity.

[VA SOL 11/12.3]

BARRIER

(Noun)

A circumstance or obstacle that keeps people or objects apart or prevents communication or progress.

Alex told Mrs. Padilla that a lack of time was her biggest barrier with respect to participating in routine physical activity and exercise.

[VA SOL 11/12.3]

BIOELECTRICAL IMPEDANCE

(Noun)

A commonly used method for estimating body composition, and in particular body fat. It measures the opposition (impedance) of an electric current through body tissue.

Mr. Malinowski had the class measure their body composition using bioelectrical impedance.

[VA SOL 11/12.3]

BODY MASS INDEX

(BMI)

(Noun)

Weight-to-height ratio, calculated by dividing one's weight in kilograms by the square of one's height in meters. It is commonly used to determine healthy body mass.

Mr. Malinowski had us compare our body mass index (BMI) scores with other measures of body composition.

[VA SOL 11/12.3]

CRITERION-REFERENCED WELLNESS TEST

(Noun)

A test which includes predetermined criteria relating to physical health that must be met in order to pass.

Mr. Spoon used a criterion-reference wellness test to give health-related feedback to students and parents.

[VA SOL 11/12.3]

FITNESS PLAN

(Noun)

A plan that defines your exercise and nutritional goals.

After performing a fitness assessment, Josh was able to create a personalized fitness plan that would allow him to reach his goals.

[VA SOL 11/12.3]

FITNESSGRAM

(Noun)

A comprehensive, criterion-based set of fitness assessments for youth. It includes a variety of health-related physical fitness tests designed to assess cardiovascular fitness, muscle strength, muscular endurance, flexibility, and body composition.

Today in class, Jamie ran the PACER test as part of the FitnessGram set of assessments.

[VA SOL 11/12.3]

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 11/12.3]

HEART-RATE MONITOR

(Noun)

A device that allows one to measure one's heart rate in real time and/or record the heart rate for later study.

Caity wore a heart rate monitor during physical education class to measure the impact the activity had on her heart rate.

[VA SOL 11/12.3]

PEDOMETER

(Noun)

An instrument used to estimate the distance traveled on foot by recording the number of steps taken.

Because Rae wants to be sure that she walks at least 10,000 steps per day, she wears a pedometer to track her progress.

[VA SOL 11/12.3]

TRACKING APPLICATION

(Noun)

A program that can be used to monitor workouts, heart rate, steps taken, calories burned, nutrition intake, etc.

Christian uses a tracking application on his phone to input his food intake, exercise, and heart rate.

[VA SOL 11/12.3]

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GRADE
ELEVEN/TWELVE
Social Development



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ADVOCATE

(Verb)

To publicly recommend or support.

Rachael will advocate for her school's physical education programs during next month's school board meeting.

[VA SOL 11/12.4]

DIVERSE

(Adjective)

Showing a great deal of variety; very different.

There were a lot of diverse learners in Miss Geller's physical education class; different people were able to understand concepts by learning them in different ways.

[VA SOL 11/12.4]

ETIQUETTE

(Noun)

A customary code of polite behavior in society or among members of a particular profession or group.

Chandler showed proper bowling etiquette during the tournament by waiting until the person in the lane next to him was finished before beginning to take his turn.

[VA SOL 11/12.4]

FACILITATE

(Verb)

To assist; make (an action or process) easy or easier; explains the activity.

Dean facilitated the group activity by reading the instructions and helping everyone to stay on task.

[VA SOL 11/12.4]

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 11/12.4]

INCLUSION

(Noun)

The action or state of including or of being included within a group or structure.

The inclusion of strength training in her exercise regimen allowed Callie to achieve her goal of performing 20 pushups in a row.

[VA SOL 11/12.4]

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 11/12.4]

SOCIAL COMPETENCY

(Noun)

A person's ability to get along with other people;
affected by communication with others.

Derek demonstrated social competency throughout
the entire project adventure unit by positively
communicating with his classmates.

[VA SOL 11/12.4]

SOCIAL INTERACTION

(Noun)

An exchange between two or more individuals by communication and expressions.

Meredith demonstrated that she was skilled at social interaction by effectively communicating with her partner during the Pickleminton tournament.

[VA SOL 11/12.4]

SOCIAL NETWORKING CAMPAIGN

(Noun)

A coordinated marketing effort to reinforce or assist a group in the achievement of their goal by using one or more social media platforms.

Christina's basketball team created a social networking campaign to share the importance of daily physical activity with their peers.

[VA SOL 11/12.4]

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ELEVEN/TWELVE
Energy Balance



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CONDITION

(Verb)

To train or exercise for a specific purpose.

Nolan worked to condition his core in order to improve his posture.

[VA SOL 11/12.5]

HIGH-SODIUM

(Adjective)

As it relates to food, being excessive in sodium nutrients.

Hayley does not eat a lot of high-sodium foods because her doctor said she needed to lower her sodium intake.

[VA SOL 11/12.5]

LOW-SODIUM

(Adjective)

As it relates to food, lacking in sodium nutrients.

Fruits and vegetables are generally low-sodium foods.

[VA SOL 11/12.5]

NUTRIENT-DENSE

(Adjective)

As it relates to food, containing an abundant amount of minerals and vitamins.

Molly always makes sure to eat nutrient-dense foods on a daily basis in order to remain healthy and energetic.

[VA SOL 11/12.5]

NUTRIENT-POOR

(Adjective)

As it relates to food, lacking in minerals and vitamins.

Because he eats a lot of nutrient-poor foods, Ron's body has low levels of vitamin B12.

[VA SOL 11/12.5]

NUTRITION

(Noun)

The process of providing or obtaining the food necessary for health and growth.

Mr. Finn taught us that to be healthy, we need both good nutrition and physical activity.

[VA SOL 11/12.5]

PHYSICAL ACTIVITY

(Noun)

Any bodily movement produced by skeletal muscles that requires energy expenditure.

Sixty minutes of physical activity should be performed each day in order to maintain good health.

[VA SOL 11/12.5]

RATE OF PERCEIVED EXERTION (RPE)

(Noun)

A way of measuring physical activity intensity level; a measurement of how hard you feel that your body is working during physical activity/exercise.

Evan was moderately tired after his bike ride, so he rated the workout as a 7 out of 10 on the RPE scale.

[VA SOL 11/12.5]