

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE FOUR

Motor Skill Development



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

BALANCE

(Verb)

To keep or put something in a steady position so that it does not fall.

Ty slowly shifted his weight back and forth before he was able to balance on the Spooner Board.

(VA SOL 4.1)

CARDIORESPIRATORY ENDURANCE

(Noun)

The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.

Emily worked on her cardiorespiratory endurance by doing jumping jacks until he felt his heart rate and breathing intensify.

(VA SOL 4.1)

CATCH

(Verb)

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

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

(VA SOL 4.1)

DANCE

(Verb)

To perform a series of movements that match the rhythm of music.

Zoe loved to dance and put movements together to go with her favorite songs.

(VA SOL 4.1)

DISTANCE

(Noun)

The amount of space between two objects or people.

Bryce and Nolan had a competition to see who could throw a ball the farthest distance.

(VA SOL 4.1)

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 4.1)

ENDURANCE

(Noun)

The ability to continue or last. Stamina.

Samantha has high endurance, which allows her to keep moving and continue doing her activity despite being tired.

(VA SOL 4.1)

FEEDBACK

(Noun)

Information provided in reaction to a performance or action.

Mrs. Hart gave Victoria positive feedback about her outstanding aerobics routine performance.

(VA SOL 4.1)

INTEGRATE

(Verb)

To combine one thing with another so that they become one whole.

When Mrs. Ryan was teaching dance, she integrated different pathways and levels into each activity.

(VA SOL 4.1)

LEVEL

(Noun)

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

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

(VA SOL 4.1)

LOCOMOTOR SKILLS

(Noun)

The basic ways to move your body through space.

Galloping and skipping are Evan's favorite locomotor skills.

(VA SOL 4.1)

MANIPULATIVE SKILL

(Noun)

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

Preston was performing the manipulative skills of dribbling and shooting when he was playing with the basketball.

(VA SOL 4.1)

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 non-locomotor skill,
Caitlin clapped to the rhythm of the music.

(VA SOL 4.1)

PACING (PACE)

(Verb)

To move at a steady and consistent speed to avoid becoming overly tired.

Caleb was pacing himself with a steady jog in order to keep playing without getting tired.
(VA SOL 4.1)

PASS

(Verb)

To move an object from one space to another, often to a person.

Josh passed the ball to Javier's hands so that it was easy to catch.

(VA SOL 4.1)

PATHWAY

(Noun)

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

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

(VA SOL 4.1)

PATTERN

(Noun)

An arrangement or sequence.

While creating a dance, Liam and Brennan decided on three sets of movement patterns.

(VA SOL 4.1)

ROLL

(Verb)

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

Liz rolled across the mat with her arms tucked into her sides.

(VA SOL 4.1)

ROUTINE

(Noun)

A set sequence of steps.

The students put together a jump rope routine that was made of four different skills.

(VA SOL 4.1)

SEQUENCE

(Noun)

A pattern in which one thing follows another.

Tom created a hip-hop dance sequence in class with his partner, Charlie.

(VA SOL 4.1)

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 4.1)

STRIKE

(Verb)

To hit with force.

Ben held the bat in both hands
to strike the ball off the tee.

(VA SOL 4.1)

TARGET

(Noun)

An object or place you aim at.

Brianna looked at her target
before throwing the ball.

(VA SOL 4.1)

THROWING

(Verb)

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

Nicole often practiced throwing because she played softball.

(VA SOL 4.1)

TRANSFER OF WEIGHT

(Noun)

A change in the center of gravity beyond its base of support to create movement or generate force.

Kristen transferred her weight forward when she did a cartwheel.

(VA SOL 4.1)

VOLLEY

(Verb)

To hit a ball or object up into the air many times without stopping

Wendy volleyed the balloon up into the air three times.

(VA SOL 4.1)

WALK

(Verb)

To move forward or backward one foot at a time. Walking is slower than running.

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

(VA SOL 4.1)