

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE FIVE

Fitness Planning



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BASELINE DATA

(Noun)

Results from a pre-assessment that show the starting point of a person's physical activity and health.

The students collected baseline data so they could create realistic fitness goals and know when they improved.

(VA SOL 5.3)

BODY MASS INDEX (BMI)

(Noun)

Weight-to-height ratio; calculated by dividing body weight in kilograms by the square of body height in meters; used to determine healthy body mass.

Calculating body mass index (BMI) is a good way to evaluate personal fitness.

(VA SOL 5.3)

CARDIORESPIRATORY FITNESS

(Noun)

The ability of the circulatory and respiratory system to supply oxygen to the body in order to engage in high levels of physical activity.

Hope increased her cardiorespiratory fitness by incorporating running three times a week in her fitness plan.

(VA SOL 5.3)

FITNESS

(Noun)

The physical condition of one's muscles and heart.

Jumping rope is a good way to improve your fitness because it increases your heart rate and makes your muscles stronger.

(VA SOL 5.3)

FITT PRINCIPLE

(Noun)

Includes the four factors of frequency, intensity, time, and type of exercise that lead to a successful fitness plan.

The FITT principle is important to remember when setting fitness goals.

(VA SOL 5.3)

FREQUENCY (FITT)

(Noun)

Part of the FITT principle that determines how often someone participates in a fitness activity.

When Jimmie was creating his fitness plan, he had to plan for the frequency of his exercises.

(VA SOL 5.3)

HEALTH-RELATED CRITERION REFERENCED TEST

(Noun)

A test with predetermined criteria that must be met for students to pass according to expectations regarding their physical health.

Mr. Spoon conducted a health-related criterion-referenced test and compared his students' scores to the those in the rest of the state.

(VA SOL 5.3)

HEART RATE

(Noun)

The speed at which the heart is beating, measured in beats per minute.

Nancy checks her heart rate before and after exercise and knows that when she moves faster, her heart rate increases.

(VA SOL 5.3)

INTENSITY (FITT)

(Noun)

Part of the FITT principle that determines how hard one is working the heart and muscles during exercise.

Billy had to think about the intensity of the exercises he was going to perform to reach his fitness goals.

(VA SOL 5.3)

PEDOMETER

(Noun)

A device that counts the number of steps that one has taken.

Eric wore his pedometer all day and accumulated over 15,000 steps.

(VA SOL 5.3)

RESTING HEART RATE

(Noun)

The number of times your heart beats per minute while your body is at complete rest.

Mark calculated his resting heart rate while sitting down at his desk.

(VA SOL 5.3)

SMART GOALS

(Noun)

SMART goals are specific, measurable, attainable, realistic and timely.

Connor made a SMART goal to improve his muscular strength.

(VA SOL 5.3)

TIME (FITT)

(Noun)

Part of the FITT principle that specifies how long the exercise will last.

Alexis calculated out the time she wanted to perform each exercise on her goal sheet.

(VA SOL 5.3)

TYPE (FITT)

(Noun)

Part of the FITT principle that specifies what kind of exercise one is doing.

Gil had to choose the type of exercise he was going to do for his fitness plan.

(VA SOL 5.3)