

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Essential Strand Glossary

GRADE SIX

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)

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



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The **OPEN** Academic Language Project

Virginia Physical Education Standards of Learning Essential Strand Glossary

MOTOR SKILL DEVELOPMENT

ACCURACY

(Noun)

The quality of being correct, precise, or on target.

Abby displayed excellent accuracy in today's practice because all her passes were on target.

(VA SOL 6.1)

AGILITY

(Noun)

A skill-related fitness component that is the ability to quickly change body position.

Agility is important when playing tag because it helps you dodge the taggers.

(VA SOL 6.1)

ANALYZE

(Verb)

To observe something to get important information about it.

Liam analyzed Caden's movements, which helped him anticipate exactly where the ball was going to go.

(VA SOL 6.1)

BALANCE

(Noun)

A skill-related fitness component that is the ability to control body position in space.

Lauren jumped and then landed on two feet to keep her balance and not fall.

(VA SOL 6.1)

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 6.1)

COMBINE

(Verb)

To unite; join together.

Rasheed combined dribbling and running toward the basket in order to move past the defender.

(VA SOL 6.1)

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COORDINATION

(Noun)

A skill-related fitness component that is the ability to combine movements of several parts of the body.

Jumping rope requires a lot of coordination because it involves turning the rope and jumping at the same time.

(VA SOL 6.1)

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 6.1)

DEMONSTRATE

(Verb)

To show or perform an action for others to see.

Phillip demonstrated an accurate throw and catch while the class watched.

(VA SOL 6.1)

DIRECTION

(Noun)

The course along which something moves.

Caleb decided to change direction by stopping, turning, and going back to where he started.

(VA SOL 6.1)

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 6.1)

DYNAMIC

(Adjective)

Something that is always changing or moving.

Dribbling a soccer ball is a dynamic skill because both you and the ball are always moving.

(VA SOL 6.1)

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EXECUTE

(Verb)

To carry out or put into action.

The offense could execute their play perfectly to score a last-second basket.

(VA SOL 6.1)

IMPROVE

(Verb)

To make or become better.

Luke showed how much he improved throughout the unit by scoring much higher on his post-test.

(VA SOL 6.1)

LOCOMOTOR SKILLS

(Noun)

The basic ways to move your body through space.

Gallop and skipping are Evan's favorite locomotor skills.

(VA SOL 6.1)

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 6.1)

MATURE

(Adjective)

Fully developed.

Luke performed a perfect serve with mature form.

(VA SOL 6.1)

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 6.1)

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OVERARM

(Adjective)

Thrown or performed by raising the arm above the shoulder.

Because he wanted to throw the ball hard, Max used an overarm throw.

(VA SOL 6.1)

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 6.1)

PATTERN

(Noun)

An arrangement or sequence.

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

(VA SOL 6.1)

POWER

(Noun)

A skill-related fitness component that is a combination of strength and speed.

Michaela knew that she must have power in her legs to do a long jump.

(VA SOL 6.1)

REACTION TIME

(Noun)

A skill-related fitness component that is the time it takes a person to respond to what they can hear, see, or feel.

Hitting a fast pitch requires good reaction time to swing the bat quickly.

(VA SOL 6.1)

RHYTHM

(Noun)

A regular pattern of sound or movement.

It is fun to march to the rhythm of the music.

(VA SOL 6.1)

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SKILL-RELATED FITNESS

(Noun)

A group of six physical characteristics that contribute to a person's ability to successfully complete a physical performance. The six components include agility, balance, coordination, power, reaction time, and speed.

Sage knew that improving his skill-related fitness was essential to becoming a better athlete.

(VA SOL 6.1)

SPATIAL

(Adjective)

Of or relating to space.

Zach's spatial awareness helped him move safely within the crowded area.

(VA SOL 6.1)

SPEED

(Noun)

A skill-related fitness component that is the ability to move the body rapidly from one point to another.

Ralph's speed was incredible. Sara was the only student in the entire school that could keep up with him.

(VA SOL 6.1)

STRIKE

(Verb)

To hit with force.

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

(VA SOL 6.1)

TARGET

(Noun)

An object or place you aim at.

Brianna looked at her target before throwing the ball.

(VA SOL 6.1)

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UNDERHAND

(Adjective)

Executed with the arm or hand below shoulder level.

Because the students were still learning how to hit the softball, Mrs. Johnson threw an underhand pitch.

(VA SOL 6.1)

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 6.1)

ANATOMICAL BASIS OF MOVEMENT

ACCURACY

(Noun)

The quality of being correct, precise, or on target.

Abby displayed excellent accuracy in today's practice because all her passes were on target.

(VA SOL 6.2)

BALL AND SOCKET JOINT

(Noun)

A joint in which a rounded end of a bone fits into the cavity of another bone.

A ball and socket joint, like the hip or shoulder, allows a wide range of movement.

(VA SOL 6.2)

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 6.2)

CONCEPT

(Noun)

A general idea or thought.

Gabriella applied movement concepts to the skills she used in her skating performance.

(VA SOL 6.2)

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DEFENSE

(Noun)

The team or players in a game or sport who are trying to steal away possession of the ball/object and stop the opponent from scoring a goal or point.

Ali's team was good at playing defense because they kept the other team from scoring.
(VA SOL 6.2)

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 6.2)

EFFORT

(Noun)

In movement concepts, this refers to how the body moves and applies the concepts of time (fast, slow), force (strong, light), and flow (bound, free) to specific movement situations.

Henry knows the effort he applies when pitching a baseball directly affects how the ball moves.
(VA SOL 6.2)

HINGE JOINT

(Noun)

A common joint, like the knee or elbow, formed between bones that can only move in one direction.

Because the knee can only move along one straight line when it bends and straightens, it is a hinge joint.
(VA SOL 6.2)

JOINT

(Noun)

A structure in the body where two bones fit together.

Ms. Thompson asked her students to identify three joints that bend when throwing a ball.
(VA SOL 6.2)

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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 6.2)

MOVEMENT CONCEPTS

(Noun)

The elements important in the study of human movement: body awareness, space, and qualities of movement (force, balance, time, and flow).

At the end of the school year, Lucas could recall several movement concepts he learned in physical education.

(VA SOL 6.2)

OFFENSE

(Noun)

The team or players in a game or sport who are attempting to score or move the ball forward.

The offense was able to pass the ball and score against the other team's defense.

(VA SOL 6.2)

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 6.2)

PIVOT JOINT

(Noun)

A joint in which movement is restricted to rotation.

Judy identified the wrist as a pivot joint.

(VA SOL 6.2)

RELATIONSHIP

(Noun)

The way that two or more concepts, objects, or people are connected.

In physical education class, we're learning about the relationship between hard work and success.

(VA SOL 6.2)

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SKELETAL SYSTEM

(Adjective)

The framework of the body, consisting of bones and cartilage, which protects and supports the body's internal organs.

The sternum, vertebrae, patella, and phalanges are all parts of the skeletal system.
(VA SOL 6.2)

SKILL

(Noun)

The ability to do something well.

Kicking a soccer ball was a new skill for Emily, but she practiced and can now kick the ball well.

(VA SOL 6.2)

SPEED

(Noun)

A skill-related fitness component that is the ability to move the body rapidly from one point to another.

Ralph's speed was incredible. Sara was the only student in the entire school that could keep up with him.

(VA SOL 6.2)

STRATEGY

(Noun)

A plan of action for achieving a goal.

The team scored many points because their offensive strategy was working well.

(VA SOL 6.2)

STRIKE

(Verb)

To hit with force.

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

(VA SOL 6.2)

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FITNESS PLANNING

AEROBIC

(Noun)

Exercise that works the heart and lungs to help the body use oxygen better.

Running, swimming, and biking are forms of aerobic exercise.

(VA SOL 6.3)

ANALYZE

(Verb)

To observe something to get important information about it.

Liam analyzed Caden's movements, which helped him anticipate exactly where the ball was going to go.

(VA SOL 6.3)

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 6.3)

DATA

(Noun)

Facts, such as measurements or statistics, used to learn about something.

Because Diana recorded her data accurately, she had a clear picture of how well she performed during the activity.

(VA SOL 6.3)

DECISION MAKING

(Noun)

The act or process of reaching an important conclusion.

Tristan's quick decision making helped him take advantage of opportunities to score in the game.

(VA SOL 6.3)

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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 6.3)

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 6.3)

FLEXIBILITY

(Noun)

The ability to bend and move joints through their full range of motion.

Emma's flexibility was the best in the class because she followed her PE teacher's advice to warm-up and cool-down when participating in physical activities.

(VA SOL 6.3)

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 6.3)

GOAL

(Noun)

A result that a person is working to achieve.

After the fitness testing was completed, Mrs. MacDonald had her class write goals for improvement in one health-related fitness component.

(VA SOL 6.3)

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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 6.3)

HEALTH-RELATED FITNESS

(Noun)

A group of five physical characteristics that contribute to a person's overall well-being. The five components of Health-Related Fitness include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

Katie understood the importance of each component of health-related fitness and made every effort to be active for 60 minutes a day.

(VA SOL 6.3)

HEALTHY

(Adjective)

Being in a good state physically and mentally; free from disease to the body or mind.

Landon understood that it was important to be physically active and eat nutritiously to be healthy.

(VA SOL 6.3)

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 6.3)

IMPROVE

(Verb)

To make or become better.

Luke showed how much he improved throughout the unit by scoring much higher on his post-test.

(VA SOL 6.3)

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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 6.3)

MUSCLE

(Noun)

Body tissue that can change its size to move body parts.

Building muscle in our bodies helps us to do everyday things like lifting heavy objects.

(VA SOL 6.3)

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 6.3)

PLAN OF ACTION

(Noun)

A complete set of steps to be taken to achieve a goal.

Ben and Ethan's plan of action included actively engaging in circus arts class, practicing together after school, and practicing on their own at home.

(VA SOL 6.3)

PROBLEM SOLVING

(Noun)

The process of finding solutions to difficult issues.

Jess used his problem solving skills to help his team accomplish their goal.

(VA SOL 6.3)

RATE OF PERCEIVED EXERTION (RPE)

(Noun)

A way of measuring physical activity intensity level by how hard you feel your body is working.

Nathan used the RPE scale to identify how hard he was working during the basketball activity.

(VA SOL 6.3)

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RELATIONSHIP

(Noun)

The way that two or more concepts, objects, or people are connected.

In physical education class, we're learning about the relationship between hard work and success.

(VA SOL 6.3)

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 6.3)

SAFE

(Adjective)

Protected against physical, social, and emotional harm.

Rachel demonstrated safe participation so that no one would get hurt.

(VA SOL 6.3)

SELF-ASSESSMENT

(Noun)

The evaluation of one's own performance.

Mrs. Gerdes filmed her students throwing so that they could do a self-assessment.

(VA SOL 6.3)

SKINFOLD CALIPERS

(Noun)

A tool that measures skinfolds to estimate the amount of body fat.

Mr. Kushner used skinfold calipers instead of the BMI scale with his students.

(VA SOL 6.3)

SMART GOALS

(Noun)

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

Connor made a SMART goal to improve his muscular strength.

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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 6.3)

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 6.3)

SOCIAL DEVELOPMENT

BENEFIT

(Noun)

An advantage gained from something.

Developing strong leg muscles is just one of the many benefits of jumping rope.

(VA SOL 6.4)

COMMUNICATION SKILLS

(Noun)

The ability to effectively exchange information with another person.

Jim showed good communication skills by clearly discussing a play with his teammate.

(VA SOL 6.4)

CONFLICT RESOLUTION

(Noun)

A way to find a positive solution to a disagreement.

Before we started our tournament games, we came up with a list of strategies for conflict resolution.

(VA SOL 6.4)

COOPERATION

(Noun)

The process of working together for a common goal.

Keeping our PE equipment in good condition takes cooperation. We all must work together to use things the way the right way and to put them back when class is over.

(VA SOL 6.4)

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CRITIQUE

(Verb)

To evaluate the details of an idea or performance.

Gayle was asked to critique Ashley's presentation of the aerobic routine so that they could learn how to improve.

(VA SOL 6.4)

DECISION MAKING

(Noun)

The act or process of reaching an important conclusion.

Tristan's quick decision making helped him take advantage of opportunities to score in the game.

(VA SOL 6.4)

ETIQUETTE

(Noun)

Rules for good behavior and manners.

John followed class etiquette in physical education by taking turns with equipment and listening respectfully to the ideas of others.

(VA SOL 6.4)

IMPROVE

(Verb)

To make or become better.

Luke showed how much he improved throughout the unit by scoring much higher on his post-test.

(VA SOL 6.4)

INTEGRITY

(Noun)

The quality of being honest and having strong moral character.

Mrs. Crandall taught integrity as a one of the most important characteristics in sports as well as in daily life.

(VA SOL 6.4)

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PARTICIPATION

(Noun)

Taking part in an activity.

Monica showed safe participation by following instructions and using the paddle correctly.

(VA SOL 6.4)

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 6.4)

PROBLEM SOLVING

(Noun)

The process of finding solutions to difficult issues.

Jess used his problem solving skills to help his team accomplish their goal.

(VA SOL 6.4)

RULES

(Noun)

A set of understood regulations that keep an activity under control.

The rules at recess help everyone stay active and safe.

(VA SOL 6.4)

SAFE

(Adjective)

Protected against physical, social, and emotional harm.

Rachel demonstrated safe participation so that no one would get hurt.

(VA SOL 6.4)

SAFETY

(Noun)

The condition of being protected from danger.

During physical education class, Rahim follows all safety rules to protect himself and his classmates from injury.

(VA SOL 6.4)

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STRATEGY

(Noun)

A plan of action for achieving a goal.

The team scored many points because their offensive strategy was working well.

(VA SOL 6.4)

ENERGY BALANCE

ENERGY EXPENDITURE

(Noun)

The number of calories a person needs to be physically active.

Your daily energy expenditure should balance with your food intake.

(VA SOL 6.5)

HYDRATION

(Noun)

A supply of water to the body to restore or maintain a balance of fluids.

Liam drinks water before, during, and after exercising to maintain a high level of hydration. By staying hydrated, he can perform his best.

(VA SOL 6.5)

MACRONUTRIENTS

(Noun)

Nutrients required in large amounts for proper body functioning, including protein, fat, and carbohydrates.

Lucas identified fats, proteins, and carbohydrates as the macronutrients used in the human body.

(VA SOL 6.5)

MINERALS

(Noun)

Substances in food, like iron, calcium, and potassium, that help the body grow and stay healthy.

Mr. Rossi taught his class the importance of getting an appropriate amount of minerals such as salt in their diet.

(VA SOL 6.5)

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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 6.5)

PORTION SIZE

(Noun)

The amount of food a person decides to eat at one time.

Kim wanted to gain weight, so she ate larger portion sizes of healthy foods.

(VA SOL 6.5)

RECOMMENDED DIETARY ALLOWANCE (RDA)

(Noun)

The suggested daily levels of essential nutrient intake.

Maurice uses the Recommended Dietary Allowance of various nutrients to plan his meals.

(VA SOL 6.5)

RELATIONSHIP

(Noun)

The way that two or more concepts, objects, or people are connected.

In physical education class, we're learning about the relationship between hard work and success.

(VA SOL 6.5)

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 6.5)

SALT

(Noun)

A mineral that helps maintain blood pressure, manages the amount of water in the cells, and keep nerves operating.

The teacher said we should avoid foods that are too high in salt because it can increase our blood pressure.

(VA SOL 6.5)

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SUGAR

(Noun)

A carbohydrate that is found naturally in fruits, vegetables, and milk products. It is also added to many foods during processing.

The students were asked to create a daily meal plan that was low in sugar.

(VA SOL 6.5)

VITAMINS

(Noun)

Substances that are essential for normal growth and nutrition.

Orange juice contains Vitamin C.

(VA SOL 6.5)