

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE SEVEN

Anatomical Basis of Movement



More Physical Education Curriculum Tools at www.OPENPhysEd.org
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ABDOMINALS

(Noun)

Muscles in the abdomen (stomach).

Koda did sit-ups to make
his abdominals stronger.

(VA SOL 7.2)

BALANCE

(Noun)

A skill-related fitness component that is the ability to control body position in space. Center of gravity and center of support both affect balance.

Elizabeth used balance as she walked on the beam.
(VA SOL 7.2)

BIOMECHANICAL PRINCIPLES

(Noun)

Fundamentals of the study of movement within the human body.

Trey focused on the biomechanical principle of base of support when he was trying a headstand.

(VA SOL 7.2)

CENTER OF GRAVITY

(Noun)

A single point from which the body's weight is evenly distributed, creating perfect balance.

Jen's center of gravity changed when she bent forward and extended both arms to the side.

(VA SOL 7.2)

CONCEPT

(Noun)

A general idea.

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

(VA SOL 7.2)

CORE MUSCLES

(Noun)

Muscles in the pelvis, lower back, hips, gluteus, and abdomen, that help stabilize movement.

One of Stephanie's SMART goals to strengthen her core muscles was to be able to perform 50 sit-ups in a row by the end of the month.

(VA SOL 7.2)

FRONTAL PLANE

(Noun)

A vertical plane that divides the body into front and back sections. Abduction and adduction occur in the frontal plane.

Stephen shuffled sideways down the court, showing that he could move his body in the frontal plane.

(VA SOL 7.2)

GLUTEAL MUSCLES

(Noun)

The group of three muscles that make up the buttocks.

Penny wanted to develop her gluteal muscles, so she started incorporating squats into her workout.

(VA SOL 7.2)

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 7.2)

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 7.2)

PATTERN

(Noun)

An arrangement or sequence.

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

(VA SOL 7.2)

PELVIS

(Noun)

The area of the lower trunk that supports and protects organs of the body. The pelvic muscles support the organs.

Andrea pointed out that both hip bones are part of the pelvis.
(VA SOL 7.2)

PLANES OF MOVEMENT

(Noun)

A sectioned view of the body that includes the frontal plane, the sagittal plane, and the transverse plane.

Kate knew that flexion of the knee occurs in the sagittal plane of movement.

(VA SOL 7.2)

SAGITTAL PLANE

(Adjective)

A vertical plane that divides the body into right and left sections. Flexion and extension occurs in the sagittal plane.

Kate knew that a flexion movement occurs in the sagittal plane.

(VA SOL 7.2)

TRANSVERSE PLANE

(Noun)

A horizontal plane that divides the body into top and bottom halves. Rotation occurs in the transverse plane.

JT showed his teacher how he could move his body in the transverse plane by going to the locker room door and turning the door knob.
(VA SOL 7.2)