

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

# GRADE EIGHT

# Motor Skill Development



More Physical Education Curriculum Tools at [www.OPENPhysEd.org](http://www.OPENPhysEd.org)  
OPEN is a Public Service of US Games

# AGILITY

(Noun)

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

Robert could quickly move across the court to return Annalise's serve because of his agility.

*(VA SOL 8.1)*

# ANALYZE

(Verb)

To observe something to get important information about it.

Liam analyzed Finn's movements, which helped him anticipate exactly where the spike was going.

(VA SOL 8.1)

# 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.

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Elizabeth used balance as she walked on the curb.  
(VA SOL 8.1)

# COOL-DOWN

(Noun)

A brief 5 to 15-minute period of low intensity exercise that immediately follows a primary conditioning period.

Erik wanted to let his heart rate and muscles recover from the 5K race, so he took a 5-minute walk as a cool-down.

(VA SOL 8.1)

# 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 8.1)

# CENTER OF GRAVITY

(Noun)

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

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

*(VA SOL 8.1)*

# COMMUNICATION SKILLS

(Noun)

The ability to exchange information with another person effectively and efficiently.

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

(VA SOL 8.1)



# COOPERATION

(Noun)

The process of working together for a common goal.

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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 8.1)

# COORDINATION

(Noun)

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

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

*(VA SOL 8.1)*

# 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.

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Ali's team was good at playing defense because they kept the other team from scoring.

(VA SOL 8.1)

# DYNAMIC

(Adjective)

Something that is constantly changing or moving.

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Kendra knew that dribbling was a dynamic skill because while someone dribbles, the ball continuously moves.

*(VA SOL 8.1)*

# ENERGY

(Noun)

The biomechanical principle of energy in motion or force that maximizes the efficiency of movement.

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During the approach in a volleyball spike, the momentum of the body builds up energy.  
(VA SOL 8.1)

# FEEDBACK

(Noun)

Information provided in reaction to a performance or action.

Anthony gave corrective feedback to his partner by telling him how he could improve his serve.

(VA SOL 8.1)

# FORCE

(Noun)

Strength or power.

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Isaac couldn't catch the ball because William used too much force when he threw it.

*(VA SOL 8.1)*

# MOVEMENT CONCEPTS

(Noun)

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

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At the end of the school year, Lucas was able to recall a number of movement concepts he learned in physical education.  
(VA SOL 8.1)



# MOVEMENT SKILLS

(Noun)

Foundational movement patterns that serve as the basis of physical literacy.

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In kindergarten, Lauren worked hard on her basic movement skills. When she got older, she became skilled at soccer because of her movement foundation.

(VA SOL 8.1)

# NEWTON'S LAWS OF MOTION

(Noun)

A set of 3 physical laws that lay the foundation for scientific mechanics. 1) The Law of Inertia; 2) The Law of Acceleration; 3) The Law of Action and Re-action.

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Daniel connected his circus arts skills to science class by reading about Newton's Laws of Motion.  
(VA SOL 8.1)

# OFFENSE

(Noun)

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

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

*(VA SOL 8.1)*

# OVERLOAD

(Verb)

A training principle that refers to a load or amount that provides greater stress on the body than it is used to for fitness improvement.

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Tyler decided to use the overload principle, so he increased the weight for his bench press lifts.

*(VA SOL 8.1)*

# PHYSIOLOGY

(Noun)

The branch of biology that deals with the functions and activities of living organisms and their parts.

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Clark used his knowledge of physiology to analyze his movements and improve his long jump.  
(VA SOL 8.1)

# PLANES OF MOVEMENT

(Noun)

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

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

*(VA SOL 8.1)*

# POWER

(Noun)

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

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

*(VA SOL 8.1)*

# 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.

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

*(VA SOL 8.1)*



# RHYTHM

(Noun)

A uniform pattern of sound or movement.

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Chris was dribbling the basketball to the  
rhythm of the music.

*(VA SOL 8.1)*

# ROTATION

(Noun)

The action of turning around  
an axis or center.

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Erika, a dominant softball pitcher,  
used her arm's full rotation to  
perform a windmill pitch.

*(VA SOL 8.1)*

# 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.

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

(VA SOL 8.1)

# SPECIFICITY

(Noun)

The training principle stating that to become better at an exercise or skill, that exercise or skill must be practiced.

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A runner should train by running and a swimmer should train by swimming are examples of specificity.

*(VA SOL 8.1)*

# SPEED

(Noun)

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

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

(VA SOL 8.1)

# TACTIC

(Noun)

An action or strategy that helps in achieving a specific goal.

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You need both offensive and defensive tactics to win a game.  
(VA SOL 8.1)

# WARM-UP

(Noun)

A brief 5 to 15-minute period of exercise that precedes the workout. The purpose of the warm-up is to elevate muscle temperature and increase blood flow to the muscles that will be engaged in the workout, exercise, or competition.

Christa always performed a warm-up before dance practices and performances in order to prevent muscle injury.

(VA SOL 8.1)