

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set  
**PERSONAL  
FITNESS I/II**  
Motor Skill Development



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# ADVANCED SKILLS

(Noun)

A set of activity-specific skills/abilities that allow an individual or team to successfully participate beyond a level of basic competency.

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Alyssa was able to execute advanced skills during the softball unit, including a crow-hop, which allowed her to accurately throw a softball from the outfield to home plate.

(VA SOL PF.1)

# BASIC SKILLS

(Noun)

Specific abilities that are fundamental for beginner-level participation in an activity or task.

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Our class learned the basic skills of racquet sports in elementary and middle school, which made participation in our high school badminton lessons more advanced and strategic.

(VA SOL PF.1)

# CARDIOVASCULAR

(Adjective)

Relating to the circulatory system, comprised of the heart and blood vessels (veins, arteries, or capillaries).

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Cardiovascular exercise is an important tool for avoiding cardiovascular disease.

(VA SOL PF.1)

# CONCEPT

(Noun)

An abstract idea, often used to explain or generalize the characteristics of something that can be discussed or experienced.

Gabriella applied movement concepts to the skills and strategies, she executed during rugby matches.

(VA SOL PF.1)

# CONSISTENT

(Adjective)

Unchanging in achievement or effect over a period of time.

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Miss Mills was evaluating Cheryl's speed and found that she had a consistent time for all five rounds of the 100-meter test.

(VA SOL PF.1)

# CUE

(Noun)

A signal for action.

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Kurt used the cues his teacher taught him for the deadlift so that he could avoid re-injuring his back.

(VA SOL PF.1)

# ENHANCE

(Verb)

To intensify, increase, or further improve the quality, value, or extent of.

Nick focused on maintaining a balance of physical activity, nutrition, and rest in order to enhance his overall performance.

(VA SOL PF.1)

# EXECUTION

(Noun)

The carrying out or putting into effect of a plan, order, or course of action.

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The students used a rubric to evaluate and record their performance on the paddle board self-assessment.

(VA SOL PF.1)

# EXERCISE PROCEDURE

(Noun)

A series of actions conducted in a certain order or manner for activities requiring physical effort, especially to sustain or improve health and fitness.

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Bin carefully followed all the exercise procedures his teacher had recommended in order to improve while avoiding injury.

(VA SOL PF.1)

# FITNESS ACTIVITIES

(Noun)

Activities that improve overall fitness such as walking, swimming, dancing, biking, jogging or gardening activities.

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Kim made sure that her exercise regimen involved a wide variety of fitness activities so her strength and endurance would be well-balanced.  
(VA SOL PF.1)

# FORM

(Noun)

The visible shape or configuration of something.

Asa was sure to use proper form during her bench press in order to ensure her safety and muscle gain efficiency.

(VA SOL PF.1)

# HEALTH PROBLEMS

(Noun)

Difficulties or issues as they relate to one's health.

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Neglecting the components of health-related fitness can directly lead to health problems.

(VA SOL PF.1)

# HEALTH-RELATED FITNESS

(Noun)

Five physical fitness components that directly relate to good health which include: cardiovascular endurance, muscular strength, flexibility, muscular endurance and body composition.

Sheneeka did a pre-assessment of her health-related fitness components and concluded her muscular strength required improvement.

(VA SOL PF.1)

# JOINT PAIN

(Noun)

Physical suffering or discomfort caused by illness or injury in one's joint.

Because Erika suffered from joint pain in her knee, she preferred to do cardio using the elliptical instead of the treadmill.

(VA SOL PF.1)

# MOTOR

(Adjective)

Giving, imparting, or producing motion or action.

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Writing with a pencil involves fine motor skills, while swinging a golf club involves gross motor skills.

(VA SOL PF.1)

# MOTOR SKILLS

(Noun)

Muscle and nerve action that produces movement; includes fine and gross motor skills.

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Writing with a pencil involves fine motor skills, while swinging a golf club involves gross motor skills.

(VA SOL PF.1)

# MOVEMENT PRINCIPLES

(Noun)

A fundamental source or  
basis of movement.

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Movement principles can help coaches  
discuss specific skills and training  
techniques with their athletes.

(VA SOL PF.1)

# MOVEMENT SKILLS

(Noun)

Foundational movement patterns using various body parts that serve as the basis of physical literacy.

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A person must develop strong basic movement skills before they can begin to master complex techniques regularly used in sport.

(VA SOL PF.1)

# OBESITY

(Noun)

A medical condition characterized by excessive accumulation and storage of fat in the body which causes negative effects on the health of an individual.

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The rate of obesity in America is skyrocketing, but it could be improved through more efficient interventions focused on nutrition and physical activity.

(VA SOL PF.1)

# PHYSICAL CONDITIONING

(Noun)

The development of physical fitness through the adaptation of the body and its various systems to an exercise program.

Bryce focused on physical conditioning throughout the summer in order to prepare for the Fall half-marathon.

(VA SOL PF.1)

# PROFICIENCY

(Noun)

A high degree of skill; mastery or expertise.

Tyler's proficiency in basketball made him a very tough opponent for even the best players in class.

(VA SOL PF.1)

# SKILL-RELATED FITNESS

(Noun)

A group of 6 psychomotor characteristics that contribute to a person's ability to successfully complete a physical performance.

The 6 components of Skill-Related Fitness include Agility, Balance, Coordination, Power, Reaction Time, and Speed.

When Mrs. Breeli asked the students to focus on one of the skill-related fitness components, Honesty chose to work on her agility.

(VA SOL PF.1)

# STRENGTH TRAINING

(Noun)

A type of physical exercise specializing in the use of resistance to induce muscular contraction which builds the strength, endurance, and size of skeletal muscles.

Students can participate in the school's strength training program to learn about the proper ways to lift weights and stay physically active.

(VA SOL PF.1)

# VIGOROUS

(Adjective)

Characterized by or involving a large amount of physical strength, effort, or energy.

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Jennie was breathing heavily after completing a vigorous exercise routine.  
(VA SOL PF.1)