

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

# KINDERGARTEN

## Motor Skill Development



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

# BALANCE

(Noun)

An even distribution of weight that allows someone to stay upright and steady.

*Lauren jumped and then landed on two feet in order to keep her balance and not fall down.*

(VA SOL K.1)

# BEND

(Verb)

To move a body part into a  
curve or angle.

*I will bend my knees after  
I jump to land softly.*

(VA SOL K.1)

# **BOUNCE**

(Verb)

To move quickly back or away from a surface after hitting it.

---

*Dropping a basketball straight down to the floor will make it bounce back up to your hands.*

(VA SOL K.1)

# CATCH

(Verb)

To grab and hold something that has been thrown or dropped.

*Jack had to reach up to catch the ball after it bounced very high.*

(VA SOL K.1)

# CRITICAL ELEMENTS

(Noun)

The individual parts of a skill that are important to successful performance.

---

*Stepping toward the target is one of the critical elements of throwing a ball.*

(VA SOL K.1)

# CURVE

(Verb)

To travel in pathways that gradually moves off a straight line.

*Max decided to skip on a curving pathway that formed a giant circle.*

(VA SOL K.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 K.1)



# FAST

(Adjective)

Moving at a high speed.

---

*Dylan was fast and moved so quickly through the cones that no one could catch him.*

(VA SOL K.1)

# FORWARD

(Adjective/Adverb)

Traveling in the direction that  
you are facing.

---

*Catherine's favorite skill in gymnastics is  
the forward roll.*

(VA SOL K.1)

# GALLOP

(Verb)

A sliding movement performed in a forward direction.

---

*Students were asked to move like a horse, so they galloped.*

(VA SOL K.1)

# HIGH

(Adjective/Adverb)

At a level that is far above the ground.

*Julie jumped as high as she could to reach the rope above her head.*

(VA SOL K.1)

# HOP

(Verb)

A locomotor movement in which the performer takes off on one foot and lands on the same foot.

*Sarah hopped forward three times before picking up the beanbag.*

(VA SOL K.1)

# JUMP

(Verb)

To push off a surface and into the air using the power in both legs and feet.

*Caleb likes to jump as high as he can to catch the ball.*

(VA SOL K.1)

# KICK

(Verb)

To hit something with your foot.

*Michelle enjoyed kicking a soccer ball to her friend.*

(VA SOL K.1)

# LEVEL

(Noun)

The position of the body or its parts in relation to the floor, a person, a piece of equipment, etc.

*Sophia knew that the three levels include low, medium, and high.*

(VA SOL K.1)



# LOCOMOTOR SKILLS

(Noun)

The basic ways to move your body through space.

---

*Dane's favorite locomotor skill is a skip,  
but Betsy prefers to run.*

(VA SOL K.1)

# LOW

(Adjective/Adverb)

At a level that is close to the ground.

*Jamel had to crawl low to the ground in order to move under the rope.*

(VA SOL K.1)

# MANIPULATIVE SKILL

(Noun)

A movement done to or with objects, such as throwing, striking, and catching.

---

*Preston was performing the manipulative skills of throwing and catching when he was playing with the Frisbee.*

(VA SOL K.1)

# NON-LOCOMOTOR SKILLS

(Noun)

Movements that occur in body parts or the whole body, but do not cause the body to travel to another space.

*To demonstrate a simple non-locomotor skill, Caitlin clapped to the rhythm of the music.*

(VA SOL K.1)

# PATHWAY

(Noun)

A course or track along which a body or object moves as it travels through general space.

---

*Lauren followed a zigzag pathway as she dribbled through the cones.*

(VA SOL K.1)

# ROLL

(Verb)

To move (or cause to move) across a surface by turning over and over.

*Liz rolled the ball across the floor to her partner.*

(VA SOL K.1)

# RUN

(Verb)

A transfer of weight from one foot to the other that involves momentary loss of contact with the floor or ground by both feet; similar to walking but with a longer stride and faster.

*During the game of tag, Michael needed to run quickly to avoid being tagged.*

(VA SOL K.1)

# SIDE-TO-SIDE

(Adjective/Adverb)

Alternately moving left to right from a central point.

---

*Giana shuffled side-to-side.*

(VA SOL K.1)



# SIDEWAYS

(Adverb)

To, toward, or from the side.

---

*Mr. Panariello explained to his students  
that sliding is a sideways movement.*

(VA SOL K.1)

# SLOW

(Adjective)

Moving or acting at a low speed.

---

*Tony moved through the exercises at a slow pace because he wanted to take his time and make sure he used proper form.*

(VA SOL K.1)

# SPEED

(Noun)

The ability to move the body rapidly from one point to another.

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

(VA SOL K.1)

# STATIONARY

(Adjective)

Not moving.

---

*When learning how to kick a soccer ball,  
we start by kicking a stationary ball.*

(VA SOL K.1)

# STRAIGHT

(Adjective)

Moving in one direction only; without a curve or bend.

*Bianca was galloping along a straight pathway.*

(VA SOL K.1)

# STRIKE

(Verb)

To hit with force.

---

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

(VA SOL K.1)

# TARGET

(Noun)

An object you aim at.

---

*Brianna looked at her target before  
throwing the ball.*

(VA SOL K.1)

# THROW

(Verb)

To send an object through the air by moving the arm and hand.

*Nicole often practiced throwing because she loved to play softball.*

(VA SOL K.1)



# TURN

(Verb)

To rotate the body or another object.

---

*Abby started out facing one direction, but then she turned to face the other direction.*

(VA SOL K.1)

# UNDERHAND

(Adjective)

Done 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 K.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 K.1)

# WALK

(Verb)

A transfer of weight from one foot to the other that involves alternately losing balance and recovering it while moving forward or backward.

*Mrs. Parker expects the students in her class to walk when they are in the hallway.*

*(VA SOL K.1)*

# ZIGZAG

(Noun)

A pathway with a series of sharp right and left turns.

---

*Maggie moved in a zigzag across the court to avoid other students in the game.*

(VA SOL K.1)

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

# KINDERGARTEN

## Anatomical Basis of Movement



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

# FAST

(Adjective)

Moving at a high speed.

---

*Dylan was fast and moved so quickly through the cones that no one could catch him.*

(VA SOL K.2)

# HEART

(Noun)

The muscular organ that pumps blood through the body.

Joshua's heart beats faster when he plays tag in physical education.

(VA SOL K.2)



# PERSONAL SPACE

(Noun)

The space around students, free of objects and people, no matter which direction they move.

*Sarah stayed in her personal space with her balloon to practice her striking skills safely.*

(VA SOL K.2)

# MUSCLE

(Noun)

Tissue that can contract to  
move body parts.

---

*Building muscle in our bodies helps us  
to do everyday things, like climbing on a  
jungle gym and lifting heavy objects.*

(VA SOL K.2)

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

# KINDERGARTEN

## Fitness Planning



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

# HEALTHY

(Adjective)

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

---

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

(VA SOL K.3)

# BEHAVIOR

(Noun)

The way you act.

---

*Because the class showed good behavior throughout PE class, they could play their favorite game at the end of the day.*

(VA SOL K.3)

# 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 K.3)

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

**KINDERGARTEN**

Social Development



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

# BEHAVIOR

(Noun)

The way you act.

---

*Because the class showed good behavior throughout PE class, they could play their favorite game at the end of the day.*

(VA SOL K.4)



# COOPERATION

(Noun)

The process of working together for a common goal or outcome.

*Keeping our PE equipment in good condition takes cooperation. We all should work together to use things the way they were meant to be used and to put them back where they belong when class is over.*

(VA SOL K.4)

# GENERAL SPACE

(Noun)

The area within a boundary where many people must all move safely.

---

*In physical education class, we share general space so that everyone can move safely within the boundaries.*

(VA SOL K.4)

# PERSONAL SPACE

(Noun)

The space around students, free of objects and people, no matter which direction they move.

---

*Sarah stayed in her personal space with her balloon to practice her striking skills safely.*

(VA SOL K.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 K.4)

# SAFE PLAY

(Verb)

To take part in an activity in a cautious and harmless manner.

*Greg practiced safe play in every physical education class.*

(VA SOL K.4)

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

# KINDERGARTEN

## Energy Balance



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

# ENERGY BALANCE

(Noun)

The relation between intake of food and output of work that is positive when the body stores extra food as fats and negative when the body draws on stored fat to provide energy for work.

*Mandy wanted to learn more about energy balance, so she started writing down how much food she ate and how often was able to be physically active.*

(VA SOL K.5)

# 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 K.5)



# 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 K.5)