

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

## Essential Strand Glossary **GRADE ONE**

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)

Please share. This is an open-source project.  
Kindly reference [OPENPhysEd.org](http://OPENPhysEd.org), The SUNY Cortland AMP Lab, and the VA DOE.



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

# The OPEN Academic Language Project

Virginia Physical Education Standards of Learning Essential Strand Glossary

## MOTOR SKILL DEVELOPMENT

**Backward** (Adverb/Adjective) To move away or in the direction of your backside.

(VA SOL 1.1) Tricia practiced her backward roll by moving onto her back and up over her head.

**Balance** (Noun) An even distribution of weight that allows someone or something to stay upright and steady.

(VA SOL 1.1) Lauren jumped and then landed on two feet in order to keep her balance and not fall down.

**Bend** (Verb) To move a body part into a curve or angle.

(VA SOL 1.1) Beth was sure to bend her knees after she jumped so she could land softly.

**Catch** (Verb) To grab and hold something that has been thrown or dropped.

(VA SOL 1.1) Jack had to reach up to catch the ball after it bounced very high.

**Curl** (Verb) To create a curved or spiral shape.

(VA SOL 1.1) When Mr. Mills asked the students to identify non-locomotor skills, and they answered with “curling, twisting, and stretching.”

**Dance** (Verb) To perform a series of movements that match the rhythm of music.

(VA SOL 1.1) Deedi loved to dance and put movements together to go with her favorite songs.

**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.

(VA SOL 1.1) Dribble the ball as quickly as you can to beat your partner down the court.

**Fast** (Adjective) Moving or acting at a high speed.

(VA SOL 1.1) Devin was fast and moved so quickly through the cones that no one could catch him.

**Forward** (Adjective/Adverb) Traveling in the direction that you are facing.

(VA SOL 1.1) Catherine's favorite skill in gymnastics is the forward roll.

**Gallop** (Verb) A sliding movement performed in a forward direction.

(VA SOL 1.1) Students were asked to move like a horse, so they galloped.

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**General Space** (Noun) The area within a boundary where many people must all move safely.

(VA SOL 1.1) In physical education class, we share general space so that everyone can move safely within the boundaries.

**Gymnastics** (Noun) Exercises developing or displaying physical agility and coordination.

(VA SOL 1.1) By the end of the gymnastics unit, the students we able to walk across a balance beam.

**High** (Adjective/Adverb) At a level that is far above the ground.

(VA SOL 1.1) Dillon jumped as high as he could to reach the rope above his head.

**Jump** (Verb) To push off a surface and into the air using the power in both legs and feet.

(VA SOL 1.1) Caleb likes to jump as high as he can to catch the ball.

**Kick** (Verb) To hit something with your foot.

(VA SOL 1.1) Michelle enjoyed kicking a soccer ball to her friend.

**Leap** (Verb) To take off from one foot and land on the opposite foot.

(VA SOL 1.1) Olivia leaped over a puddle during her morning walk.

**Level** (Noun) The position of the body or its parts in relation to the floor, a person, a piece of equipment, etc.

(VA SOL 1.1) Sophia knew that the three levels include low, medium, and high.

**Manipulative Skill** (Noun) A movement done to or with objects, such as throwing, striking, and catching.

(VA SOL 1.1) Preston was performing the manipulative skills of dribbling and shooting when he was playing with the basketball.

**Moderate** (Adjective) Average in intensity.

(VA SOL 1.1) Mr. Renta had his students choose a moderate pace for the warm-up activity.

**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.

(VA SOL 1.1) To demonstrate a non-locomotor skill, Caitlin clapped to the rhythm of the music.

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**Pathway** (Noun) A course along which a body moves as it travels through general space.

(VA SOL 1.1) Lauren followed a zigzag pathway as she dribbled through the cones.

**Personal Space** (Noun) The space around students, free of objects and people, no matter which direction they move.

(VA SOL 1.1) Sarah stayed in her personal space with her balloon to practice her striking skills safely.

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

(VA SOL 1.1) Liz rolled the ball across the floor to her partner, Ben.

**Side-to-Side** (Adjective/Adverb) Alternately moving left to right from a central point.

(VA SOL 1.1) Michael shuffled side-to-side.

**Sideways** (Adverb) To, toward, or from the side.

(VA SOL 1.1) Mr. Panariello explained to his students that sliding is a sideways movement.

**Skip** (Verb) A step-hop combination done in an uneven rhythm, alternating the lead foot.

(VA SOL 1.1) Lillie liked to skip along the sidewalk on her way to school each morning.

**Slide** (Verb) A movement forward with an uneven rhythm where one foot leads and the other foot follows with toes pointing sideways.

(VA SOL 1.1) Hakeem was practicing his slide on a curved pathway.

**Slow** (Adjective) Moving or acting at a low speed.

(VA SOL 1.1) Katie made a slow pass so that it was easy for Rebecca to control it.

**Speed** (Noun) The ability to move the body rapidly from one point to another.

(VA SOL 1.1) Ralph's running speed was amazing. Sara was the only student in the entire school that could keep up with him.

**Straight** (Adjective) Moving in one direction only; without a curve or bend.

(VA SOL 1.1) Bianca was galloping along a straight pathway.

**Stretch** (Verb) To straighten your body or a part of your body to its full length to make the muscles more flexible.

(VA SOL 1.1) Callie wanted to be more flexible, so Mr. Pashkin suggested that she begin stretching more often.

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**Strike** (Verb) To hit with force.

(VA SOL 1.1) Ben held the bat in both hands to strike the ball off the tee.

**Target** (Noun) An object or place you aim at.

(VA SOL 1.1) Brianna looked at her target before throwing the ball.

**Throwing** (Verb) To send an object through the air by moving the arm and hand.

(VA SOL 1.1) Nicole often practiced throwing because she played softball.

**Transfer of Weight** (Noun) A change in the center of gravity beyond its base of support in order to create movement or generate force.

(VA SOL 1.1) Kristen transferred her weight forward when she kicked the ball.

**Twisting** (Verb) To rotate your body while keeping your feet in one place.

(VA SOL 1.1) Miss Hulse said we are going to work on our twisting, bending, and curling.

**Underhand** (Adjective) Done with the arm or hand below shoulder level.

(VA SOL 1.1) Because the students were still learning how to hit the softball, Mrs. Johnson threw an underhand pitch.

**Volley** (Verb) To hit a ball or object up into the air many times without stopping

(VA SOL 1.1) Wendy volleyed the balloon up into the air three times.

**Zigzag** (Noun) A pathway with a series of sharp right and left turns.

(VA SOL 1.1) Maggie moved in a zigzag across the court to avoid other students in the game.

## ANATOMICAL BASIS OF MOVEMENT

**Bones** (Noun) Any of the 206 pieces of hard, whitish tissue making up the skeleton.

(VA SOL 1.2) Some of the bones in the body are the skull, the rib cage, and the femur.

**Brain** (Noun) An organ located in the skull that controls our thinking and movement.

(VA SOL 1.2) If your brain is healthy, you will be able to think more clearly and feel more energetic.

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**General Space** (Noun) The area within a boundary where many people must all move safely.

(VA SOL 1.2) In physical education class, we share general space so that everyone can move safely within the boundaries.

**Heart** (Noun) The muscular organ that pumps blood through the body.

(VA SOL 1.2) Joshua's heart beats faster when he plays tag in physical education.

**Lungs** (Noun) Two organs in the chest that help us breathe.

(VA SOL 1.2) George took a deep breath to fill up his lungs.

**Movement** (Noun) The act of changing location or position.

(VA SOL 1.2) Skipping is a fun movement that helps you move from one side of the activity area to the other.

**Muscle** (Noun) Body tissue that can change its size to move body parts.

(VA SOL 1.2) The bicep is a muscle that helps our arm bend.

**Personal Space** (Noun) The space around students, free of objects and people, no matter which direction they move.

(VA SOL 1.2) Sarah stayed in her personal space with her balloon to practice her striking skills safely.

## FITNESS PLANNING

**Breathing Rate** (Noun) The number of breaths taken in a minute.

(VA SOL 1.3) Trixie noticed that her breathing rate increased when she ran faster.

**Intensity Levels** (Noun) How hard the heart and other muscles work during exercise.

(VA SOL 1.3) Addie worked at a low intensity level during the cool-down.

**Moderate** (Adjective) Average in intensity.

(VA SOL 1.3) Mr. Renta had his students choose a moderate pace for the warm-up activity.

**Vigorous** (Adjective) Done with great force and energy.

(VA SOL 1.3) Vera exercised vigorously in order to condition her cardiovascular system.

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## SOCIAL DEVELOPMENT

**Cooperation** (Noun) The process of working together for a common goal or outcome.

(VA SOL 1.4) 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.

**Demonstrate** (Verb) To show or perform an action for others to see.

(VA SOL 1.4) Phillip was able to demonstrate an accurate throw and catch while the class watched.

**Equipment** (Noun) The set of tools and objects used in a sport or activity.

(VA SOL 1.4) Emily put all her equipment back where it belonged when class ended.

**Peer** (Noun) A person of the same age, group, or ability as another person.

(VA SOL 1.4) Fred and Tom are peers who are both in first grade.

**Procedure** (Noun) A series of actions conducted in a certain order or manner.

(VA SOL 1.4) After Lisa's injury on the asphalt, the class followed safety procedures to prevent future injuries.

**Space** (Noun) The area within a boundary.

(VA SOL 1.4) Miss Bernie told us to safely move within the gym space.

## ENERGY BALANCE

**Food Group** (Noun) A collection of foods that have similar nutritional values.

(VA SOL 1.5) Mary understood the importance of eating a variety of foods from different food groups such as dairy and fruits and vegetables.

**Moderate** (Adjective) Average in intensity.

(VA SOL 1.5) Mr. Renta had his students choose a moderate pace for the warm-up activity.

**Physical Activity** (Noun) Any physical movement that uses the body's energy.

(VA SOL 1.5) Taking a walk with my family is a great physical activity and helps us stay healthy.

**U.S. Department of Agriculture (USDA)** (Noun) The federal department in charge of creating laws for farming, agriculture, and food.

(VA SOL 1.5) The USDA helps the public to know when food is safe to eat.

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**Vigorous** (Adjective) Done with great force and energy.

(VA SOL 1.5) Vera exercised vigorously in order to condition her cardiovascular system.