

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
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)