

The OPEN Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Essential Strand Glossary GRADE ELEVEN/TWELVE (ELECTIVE)

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, The SUNY Cortland AMP Lab, and the VA DOE.



More Physical Education Curriculum Tools at www.OPENPhysEd.org

OPEN is a Public Service of US Games

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Virginia Physical Education Standards of Learning Essential Strand Glossary

MOTOR SKILL DEVELOPMENT

Analyze (Verb) To examine methodically and in detail the constitution and/or structure of something; especially information.

(VA SOL 11/12.1) *The students were asked to analyze their partners' dance performances to see what specific locomotor skills were used.*

Apply (Verb) To put into operation or practical use.

(VA SOL 11/12.1) *The students were able to apply the skills they developed in pickleball to help with their badminton unit.*

Biomechanical (Adjective) Relating to the mechanics of a living body, especially of the forces exerted by muscles and gravity on the skeletal structure.

(VA SOL 11/12.1) *Martin studied and understood the biomechanical components of each skill that he was working to improve.*

Consistency (Noun) Achievement of a level of performance that does not vary greatly in quality over time.

(VA SOL 11/12.1) *After practicing the drill multiple times, Cathy showed consistency in hitting the right corner of the net every time she kicked the ball.*

Contrast (Verb) To compare in such a way as to emphasize differences.

(VA SOL 11/12.1) *The students were asked to contrast the backhand and forehand strokes in tennis so that they could more easily distinguish between them in the future.*

Defensive (Adjective) The action or role of defending one's goal against an opponent.

(VA SOL 11/12.1) *Colby's soccer team practiced new defensive strategies so that they could oppose the other team's offensive strength.*

Mastery (Noun) Comprehensive knowledge or skill in a subject or activity.

(VA SOL 11/12.1) *Susie's mastery in tennis is a result of months of practice and dedication.*

Offensive (Adjective) The condition of possessing the ball or being on the team attempting to score.

(VA SOL 11/12.1) *When the class started incorporating offensive strategies, they soon began to score more quickly.*

Optimal (Adjective) Best or most favorable; optimum.

(VA SOL 11/12.1) *Joey reached optimal performance in golf when he slightly bent his knees and rotated through his hips.*

The OPEN Academic Language Project

Virginia Physical Education Standards of Learning Essential Strand Glossary

Perspective (Noun) A particular attitude toward or way of regarding something; a point of view.

(VA SOL 11/12.1) *The coach's perspective as a former player enables her to help her athletes quickly improve.*

Physiology (Noun) The branch of biological science dealing with the functions and activities of living organisms and their parts.

(VA SOL 11/12.1) *Clark used his knowledge of physiology to analyze his movements and improve his long jump.*

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

(VA SOL 11/12.1) *After Lisa's injury on the asphalt, the class was careful to follow all safety procedures in order to prevent future injuries.*

Self-Selected (Adjective) Chosen for oneself.

(VA SOL 11/12.1) *Because the instructor allowed students to design their own workout, each person's exercises were self-selected.*

Situational (Adjective) In regard to surroundings or circumstances.

(VA SOL 11/12.1) *It can be useful to learn a wide variety of situational strategies so that you can respond to whatever may happen during competition.*

Strategy (Noun) A plan of action or policy designed to achieve a major or overall aim.

(VA SOL 11/12.1) *Claire used numerous strategies to defeat her opponent during the soccer drill.*

The OPEN Academic Language Project

Virginia Physical Education Standards of Learning Essential Strand Glossary

ANATOMICAL BASIS OF MOVEMENT

Dynamic (Adjective) Characterized by constant change, activity, or progress.

(VA SOL 11/12.2) *Nina worked on her dynamic balance by walking across a balance beam.*

Endurance (Noun) The capacity of something to last or to withstand.

(VA SOL 11/12.2) *It takes incredible endurance to complete a marathon, which is a 26.2 mile running race.*

Flexibility (Noun) A measurement of one's ability to stretch a muscle or group of muscles.

(VA SOL 11/12.2) *If you wish to increase your flexibility, it is important to stretch regularly and with good form.*

Force (Verb) To drive or push into a specified position or state using physical strength or against resistance.

(VA SOL 11/12.2) *Wayne pushed the weight sled with all the force he could muster to practice tackling his opponent in football practice.*

Muscle Contraction (Verb) The movement of tension-generated sites within muscle fibers in response to load or force; causes the muscle to tighten and shorten.

(VA SOL 11/12.2) *Christian watched the muscle contraction in his arm as he was lifting weights.*

Overload (Adjective) Characterized by an excessive load or amount.

(VA SOL 11/12.2) *Tony wanted to gain muscle mass, so he started overload training.*

Penalty (Noun) A disadvantage or handicap imposed on a player or team, typically for infringement of rules.

(VA SOL 11/12.2) *Trey explained the penalties associated with soccer as well as the punishments typically given for each one.*

Specificity (Noun) The quality or condition of being specific; working on a specific body area.

(VA SOL 11/12.2) *Jonah needed to improve his balance and decided to include specificity aimed at strengthening his core muscles.*

Static (Adjective) Lacking in movement, action, or change.

(VA SOL 11/12.2) *Static stretching, like reaching for your toes and holding that position, should only be performed after physical activity; dynamic stretching should be as a warm-up.*

The OPEN Academic Language Project

Virginia Physical Education Standards of Learning Essential Strand Glossary

Weight Transfer (Noun) A change in weight from one body part to another, fully or partially.

(VA SOL 11/12.2) *The class was instructed to hop on the right foot three times, then perform a weight transfer and hop on the left foot three times.*

FITNESS PLANNING

Accelerometer (Noun) An instrument for measuring acceleration and/or movement caused by acceleration.

(VA SOL 11/12.3) *Many activity trackers use an accelerometer to accurately measure movement associated with physical activity.*

Barrier (Noun) A circumstance or obstacle that keeps people or objects apart or prevents communication or progress.

(VA SOL 11/12.3) *Alex told Mrs. Padilla that a lack of time was her biggest barrier with respect to participating in routine physical activity and exercise.*

Bioelectrical Impedance (Noun) A commonly used method for estimating body composition, and in particular body fat. It measures the opposition (impedance) of an electric current through body tissue.

(VA SOL 11/12.3) *Mr. Malinowski had the class measure their body composition using bioelectrical impedance.*

Body Mass Index (BMI) (Noun) Weight-to-height ratio, calculated by dividing one's weight in kilograms by the square of one's height in meters. It is commonly used to determine healthy body mass.

(VA SOL 11/12.3) *Mr. Malinowski had us compare our body mass index (BMI) scores with other measures of body composition.*

Criterion-Referenced Wellness Test (Noun) A test which includes predetermined criteria relating to physical health that must be met in order to pass.

(VA SOL 11/12.3) *Mr. Spoon used a criterion-reference wellness test to give health-related feedback to students and parents.*

The OPEN Academic Language Project

Virginia Physical Education Standards of Learning Essential Strand Glossary

Fitness Plan (Noun) A plan that defines your exercise and nutritional goals.

(VA SOL 11/12.3) *After performing a fitness assessment, Josh was able to create a personalized fitness plan that would allow him to reach his goals.*

FitnessGram (Noun) A comprehensive, criterion-based set of fitness assessments for youth. It includes a variety of health-related physical fitness tests designed to assess cardiovascular fitness, muscle strength, muscular endurance, flexibility, and body composition.

(VA SOL 11/12.3) *Today in class, Jamie ran the PACER test as part of the FitnessGram set of assessments.*

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.

(VA SOL 11/12.3) *Sheneeka did a pre-assessment of her health-related fitness components and concluded her muscular strength required improvement.*

Heart-Rate Monitor (Noun) A device that allows one to measure one's heart rate in real time and/or record the heart rate for later study.

(VA SOL 11/12.3) *Caity wore a heart rate monitor during physical education class to measure the impact the activity had on her heart rate.*

Pedometer (Noun) An instrument used to estimate the distance traveled on foot by recording the number of steps taken.

(VA SOL 11/12.3) *Because Rae wants to be sure that she walks at least 10,000 steps per day, she wears a pedometer to track her progress.*

Tracking Application (Noun) A program that can be used to monitor workouts, heart rate, steps taken, calories burned, nutrition intake, etc.

(VA SOL 11/12.3) *Christian uses a tracking application on his phone to input his food intake, exercise, and heart rate.*

The OPEN Academic Language Project

Virginia Physical Education Standards of Learning Essential Strand Glossary

SOCIAL DEVELOPMENT

Advocate (Verb) To publicly recommend or support.

(VA SOL 11/12.4) *Rachael will advocate for her school's physical education programs during next month's school board meeting.*

Diverse (Adjective) Showing a great deal of variety; very different.

(VA SOL 11/12.4) *There were a lot of diverse learners in Miss Geller's physical education class; different people were able to understand concepts by learning them in different ways.*

Etiquette (Noun) A customary code of polite behavior in society or among members of a particular profession or group.

(VA SOL 11/12.4) *Chandler showed proper bowling etiquette during the tournament by waiting until the person in the lane next to him was finished before beginning to take his turn.*

Facilitate (Verb) To assist; make (an action or process) easy or easier; explains the activity.

(VA SOL 11/12.4) *Dean facilitated the group activity by reading the instructions and helping everyone to stay on task.*

Implement (Verb) To put into effect according to or by means of a definite plan or procedure.

(VA SOL 11/12.4) *Jackson implemented his personal fitness plan into his daily schedule.*

Inclusion (Noun) The action or state of including or of being included within a group or structure.

(VA SOL 11/12.4) *The inclusion of strength training in her exercise regimen allowed Callie to achieve her goal of performing 20 pushups in a row.*

Problem-Solving (Adjective) Relating to the process of finding solutions to difficult issues.

(VA SOL 11/12.4) *Jess used his problem-solving skills to successfully navigate all the obstacles in the project adventure unit.*

Social Competency (Noun) A person's ability to get along with other people; affected by communication with others.

(VA SOL 11/12.4) *Derek demonstrated social competency throughout the entire project adventure unit by positively communicating with his classmates.*

The OPEN Academic Language Project

Virginia Physical Education Standards of Learning Essential Strand Glossary

Social Interaction (Noun) An exchange between two or more individuals by communication and expressions.

(VA SOL 11/12.4) *Meredith demonstrated that she was skilled at social interaction by effectively communicating with her partner during the Pickleminton tournament.*

Social Networking Campaign (Noun) A coordinated marketing effort to reinforce or assist a group in the achievement of their goal by using one or more social media platforms.

(VA SOL 11/12.4) *Christina's basketball team created a social networking campaign to share the importance of daily physical activity with their peers.*

ENERGY BALANCE

Condition (Verb) To train or exercise for a specific purpose.

(VA SOL 11/12.5) *Nolan worked to condition his core in order to improve his posture.*

High-Sodium (Adjective) As it relates to food, being excessive in sodium nutrients.

(VA SOL 11/12.5) *Hayley does not eat a lot of high-sodium foods because her doctor said she needed to lower her sodium intake.*

Low-Sodium (Adjective) As it relates to food, lacking in sodium nutrients.

(VA SOL 11/12.5) *Fruits and vegetables are generally low-sodium foods.*

Nutrient-Dense (Adjective) As it relates to food, containing an abundant amount of minerals and vitamins.

(VA SOL 11/12.5) *Molly always makes sure to eat nutrient-dense foods on a daily basis in order to remain healthy and energetic.*

Nutrient-Poor (Adjective) As it relates to food, lacking in minerals and vitamins.

(VA SOL 11/12.5) *Because he eats a lot of nutrient-poor foods, Ron's body has low levels of vitamin B12.*

Nutrition (Noun) The process of providing or obtaining the food necessary for health and growth.

(VA SOL 11/12.5) *Mr. Finn taught us that to be healthy, we need both good nutrition and physical activity.*

Physical Activity (Noun) Any bodily movement produced by skeletal muscles that requires energy expenditure.

(VA SOL 11/12.5) *Sixty minutes of physical activity should be performed each day in order to maintain good health.*

The OPEN Academic Language Project

Virginia Physical Education Standards of Learning Essential Strand Glossary

Rate of Perceived Exertion (RPE) (Noun) A way of measuring physical activity intensity level; a measurement of how hard you feel that your body is working during physical activity/exercise.

(VA SOL 11/12.5) Evan was moderately tired after his bike ride, so he rated the workout as a 7 out of 10 on the RPE scale.