

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE TEN

Social Development



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AEROBIC EXERCISE

(Verb)

Physical exercises of low to high intensity that increase the amount of oxygen used and delivered to the muscles for a sustained period of time.

Jenna's physical education teacher recommended she participate in more aerobic exercise to help keep her cardiorespiratory system healthy.

(VA SOL 10.4)

DEEP BREATHING

(Noun)

Breathing with long breaths, especially as exercise or a method of relaxation.

In yoga, the combination of deep breathing and intentional movement can bring balance to the body and mind.

(VA SOL 10.4)

MEDITATION

(Verb)

To spend time in quiet thought for mental health or religious purposes.

Meditation is often practiced in conjunction with yoga in order to maximize the benefits they have on one's mental and physical health.

(VA SOL 10.4)

MENTAL IMAGERY

(Noun)

A visual representation in the mind in the absence of environmental input.

Mental imagery can aid in the mastery of skill; for example, it can be helpful to picture the perfect baseball swing before attempting to hit the ball.

(VA SOL 10.4)

MIND-BODY EXERCISE

(Noun)

Physical exercise executed with a profoundly inwardly directed focus.

As a mind-body exercise, Pilates utilizes four main principles: Breathing, Precision, Control, and Concentration.

(VA SOL 10.4)

PERSONAL HEALTH

(Noun)

The health of oneself.

One way that Joey focuses on his personal health is by exercising every day.

(VA SOL 10.4)

PILATES

(Noun)

A system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

Rosemarie started following a Pilates workout video every day to increase her core strength, posture, and flexibility.

(VA SOL 10.4)

RELAXATION TECHNIQUES

(Noun)

The variety of methods and manipulations used to reduce stress, muscle tension, and anxiety in the body.

Monica participated in relaxation techniques to help her feel less nervous about her upcoming race.

(VA SOL 10.4)

STRESS MANAGEMENT STRATEGY

(Noun)

A strategy used to control a person's level of stress; usually for the purpose of improving the everyday ability to function.

Pheobe participated in stress management techniques to prepare herself for her final exams.

(VA SOL 10.4)

TAI CHI

(Noun)

An ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Nicole started practicing Tai Chi, which helped her learn new breathing methods while exercising.

(VA SOL 10.4)

YOGA

(Noun)

A type of activity including breath control, simple meditation, and movement through specific bodily postures; began as a Hindu spiritual and ascetic discipline, and has since spread to become widely practiced for health and relaxation.

Yoga is not only about achieving and holding impressive poses; it also includes breath work and mental endurance.

(VA SOL 10.4)