#### The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

# Academic Language Card Set GRADE ELEVEN/TWELVE Anatomical Basis of Movement



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#### **DYNAMIC**

(Adjective)

Characterized by constant change, activity, or progress.

Nina worked on her dynamic balance by walking across a balance beam.









### **ENDURANCE**

(Noun)

The capacity of something to last or to withstand.

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.

If you wish to increase your flexibility, it is important to stretch regularly and with good form.







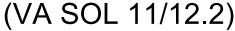


## **FORCE**

(Verb)

To drive or push into a specified position or state using physical strength or against resistance.

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.

Christian watched the muscle contraction in his arm as he was lifting weights.

(VA SOL 11/12.2)









# **OVERLOAD**

(Adjective)

Characterized by an excessive load or amount.

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.

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.

Jonah needed to improve is balance and decided to include specificity aimed at strengthening his core muscles.









# STATIC

(Adjective)

Lacking in movement, action, or change.

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.











# **WEIGHT TRANSFER**

(Noun)

A change in weight from one body part to another, fully or partially.

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.

(VA SOL 11/12.2)







