

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE FIVE

Anatomical Basis of Movement



More Physical Education Curriculum Tools at www.OPENPhysEd.org
OPEN is a Public Service of US Games

BODY SYSTEMS

(Noun)

A group of body organs that together perform vital functions.

Examples are cardiorespiratory, vascular, muscular, and skeletal.

Zack was learning about major body systems and became particularly fascinated by the skeletal system.

(VA SOL 5.2)

CARDIORESPIRATORY FITNESS

(Noun)

The ability of the circulatory and respiratory system to supply oxygen to the body in order to engage in high levels of physical activity.

Hope increased her cardiorespiratory fitness by incorporating running three times a week in her fitness plan.

(VA SOL 5.2)

FORCE

(Noun)

Strength or power.

Isaac couldn't catch the ball
because William used too much
force when he threw it.

(VA SOL 5.2)

MUSCLE

(Noun)

Body tissue that can change its size to move body parts.

Building muscle in our bodies helps us to do everyday things like lifting heavy objects.
(VA SOL 5.2)

MUSCULAR STRENGTH

(Noun)

To be physically strong.

The students did exercises and jumping activities to build up the muscular strength in their legs.

(VA SOL 5.2)

SKELETAL SYSTEM

(Adjective)

The framework of the body, consisting of bones and cartilage, which protects and supports the body's internal organs.

The sternum, vertebrae, patella, and phalanges are all parts of the skeletal system.

(VA SOL 5.2)

STRIKE

(Verb)

To hit with force.

Ben held the bat in both hands
to strike the ball off the tee.

(VA SOL 5.2)

VOLLEY

(Verb)

To hit a ball or object up into the air many times without stopping.

Wendy volleyed the balloon up into the air three times.

(VA SOL 5.2)