

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

**GRADE EIGHT**

Fitness Planning



More Physical Education Curriculum Tools at [www.OPENPhysEd.org](http://www.OPENPhysEd.org)  
OPEN is a Public Service of US Games

# ASSESS

(Verb)

To evaluate or judge the quality of a performance.

Enrique will assess his partner's shooting form to help him better understand his current skill level and how to improve.

(VA SOL 8.3)

# BODY COMPOSITION

(Noun)

The ratio of lean tissue to fat tissue in the body.

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Max planned to improve his body composition by exercising regularly and eating nutritious foods.

(VA SOL 8.3)

# COOL-DOWN

(Noun)

A brief 5 to 15-minute period of low intensity exercise that immediately follows a primary conditioning period.

Erik wanted to let his heart rate and muscles recover from the 5K race, so he took a 5-minute walk as a cool-down.

(VA SOL 8.3)

# HEALTH-RELATED FITNESS

(Noun)

A group of five physical characteristics that contribute to a person's overall well-being. The five components of Health-Related Fitness include: Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

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Katie understood the importance of each component of health-related fitness and made every effort to be active for 60 minutes a day.

(VA SOL 8.3)

# HEART RATE

(Noun)

The speed at which the heart is beating, measured in beats per minute.

Nancy checks her heart rate before and after exercise and knows that when she is moving faster, her heart rate is going to increase.

(VA SOL 8.3)

# MODERATE

(Adjective)

Average in amount or intensity.

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Mr. Renta had his students choose a moderate physical activity.

(VA SOL 8.3)

# OVERLOAD

(Verb)

A training principle that refers to a load or amount that provides greater stress on the body than it is used to for fitness improvement.

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Tyler decided to use the overload principle, so he increased the weight for his bench press lifts.

(VA SOL 8.3)



# PROGRESSION

(Noun)

A training principle that refers to increasing the demands on the body to improve fitness.

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Steve increased the number of repetitions each week to improve his strength.

*(VA SOL 8.3)*

# SELF-ASSESSMENT

(Noun)

The evaluation of one's own performance.

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Mrs. Gerdes filmed her students throwing so that they could perform a self-assessment.

(VA SOL 8.3)

# SMART GOALS

(Noun)

SMART goals are specific, measurable, attainable, realistic and timely.

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When coming up with our SMART goals, we use the FITT principle so that we can be the most successful in our planning.

(VA SOL 8.3)

# **SPECIFICITY**

(Noun)

The training principle stating that to become better at an exercise or skill, that exercise or skill must be practiced.

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A runner should train by running and a swimmer should train by swimming are examples of specificity.

(VA SOL 8.3)

# STRATEGY

(Noun)

A plan of action for achieving a goal.

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The team scored many points because their offensive strategy was working well.

(VA SOL 8.3)

# VIGOROUS

(Adjective)

Done with great force and energy.

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Vera exercised vigorously to condition her cardiovascular system.

(VA SOL 8.3)

# WARM-UP

(Noun)

A brief 5 to 15-minute period of exercise that precedes the workout. The purpose of the warm-up is to elevate muscle temperature and increase blood flow to the muscles that will be engaged in the workout, exercise, or competition.

Christa always performed a warm-up before dance practices and performances in order to prevent muscle injury.

(VA SOL 8.3)