

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

# GRADE TWO

## Anatomical Basis of Movement



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

# ABDOMINALS

(Noun)

Muscles of the stomach.

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Mason did sit-ups to make his  
abdominals stronger.

*(VA SOL 2.2)*

# BALANCE

(Noun)

An even distribution of weight that allows someone or something to stay upright and steady.

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Lauren jumped and then landed on two feet to keep her balance and not fall.

*(VA SOL 2.2)*

# BICEPS

(Noun)

Large muscles located in the upper part of the arm.

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Mr. Evangelista asked his students to flex their biceps so they curled their arm and made a fist.

(VA SOL 2.2)

# BODY COMPOSITION

(Noun)

The amount of lean tissue compared to fat tissue in the body.

Jayden tried to improve his body composition by exercising often and eating well.

(VA SOL 2.2)

# **CARDIORESPIRATORY ENDURANCE**

(Noun)

The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.

Emily worked on her cardiorespiratory endurance by doing jumping jacks until he felt his heart rate and breathing intensify.

(VA SOL 2.2)

# CARDIORESPIRATORY SYSTEM

(Noun)

A body system in which the heart, blood, vessels, and lungs work together to provide and maintain a healthy body.

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Park labeled the parts of the cardiorespiratory system on the chart as the heart, lungs, blood, and vessels.

(VA SOL 2.2)

# DYNAMIC

(Adjective)

Something that is always  
changing or moving.

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Dribbling a soccer ball is a dynamic skill  
because both you and the ball are  
always moving.

(VA SOL 2.2)



# GENERAL SPACE

(Noun)

The area within a boundary where many people must all move safely.

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In physical education class, we share general space so that everyone can move safely within the boundaries.

(VA SOL 2.2)

# HEART

(Noun)

The muscular organ that pumps blood through the body.

Joshua's heart beats faster when he plays tag in physical education.

(VA SOL 2.2)

# LUNGS

(Noun)

Two organs in the chest that help us breathe.

George took a deep breath to fill up his lungs.

*(VA SOL 2.2)*

# MAJOR BONES

(Noun)

The largest or most crucial bones found in the human body.

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Some of the major bones in the body are the skull, the pelvis, the rib cage, and the femur.

(VA SOL 2.2)

# MUSCLE

(Noun)

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

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Building muscle in our bodies helps us to do everyday things like lifting heavy objects.

(VA SOL 2.2)

# OVER

(Preposition)

Directly above something.

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Ben held his hand over his head  
because he wanted to answer the  
teacher's question.

(VA SOL 2.2)

# PERSONAL SPACE

(Noun)

The space around students, free of objects and people, no matter which direction they move.

Sarah stayed in her personal space with her balloon to practice her striking skills safely.

(VA SOL 2.2)

# QUADRICEPS

(Noun)

The large muscles at the front of the upper legs that helps them straighten.

The students' quadriceps were tired the day after they practiced the long jump.

*(VA SOL 2.2)*



# RIBS

(Noun)

Curved chest bones that are attached to the spine and protect the heart and lungs.

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Jackson correctly located his ribs by touching the side of his chest.

*(VA SOL 2.2)*

# SKULL

(Noun)

The bone of the head that protects the brain.

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When Mr. Sullivan asked what bone the skull attaches to, Sally answered correctly by saying the spine.

(VA SOL 2.2)

# SPATIAL AWARENESS

(Noun)

Understanding of where your  
body is in space.

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Zach's spatial awareness helped him  
move safely in the crowded area.

*(VA SOL 2.2)*

# SPINE

(Noun)

The backbone that protects the spinal cord that runs from the skull to the small of the back.

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When June bent over, Justine could see the ridges of her spine.

(VA SOL 2.2)

# STATIC

(Adjective)

Something that has no movement or change. Opposite of dynamic.

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Elijah stayed in a static position like he was frozen.

(VA SOL 2.2)

# UNDER

(Preposition)

Directly below something.  
Opposite of over.

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The yarn balls were hidden  
under the cone.  
(VA SOL 2.2)