The OPEN Academic Language Project
Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set
GRADE FOUR
Fitness Planning

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

To observe something to get important information about it.

Liam analyzed Caden’s movements, which helped him anticipate exactly where the ball was going to go.
(VA SOL 4.3)
HEALTH-RELATED CRITERION REFERENCED TEST
(Noun)

A test with predetermined criteria that must be met for students to pass according to expectations regarding their physical health.

Mr. Spoon conducted a health-related criterion-referenced test and compared his students' scores to the those in the rest of the state.

(VA SOL 4.3)
HEALTH-RELATED FITNESS
(Noun)
A group of 5 physical characteristics that contribute to a person’s overall well-being. The 5 components of Health-Related Fitness include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

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 4.3)
REFLECT
(Verb)

To think deeply or carefully about something.

Miss Henry asked the students to reflect on the progress of their fitness goals.
(VA SOL 4.3)
SMART GOALS
(Noun)

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

Connor made a SMART goal to improve his muscular strength.
(VA SOL 4.3)