

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE SEVEN Social Development



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

COMMUNICATION SKILLS

(Noun)

The ability to exchange information with another person effectively and efficiently.

Jim showed good communication skills by clearly discussing a play with his teammate.

(VA SOL 7.4)

CONFLICT RESOLUTION

(Noun)

A way to find a positive solution to a disagreement.

Before we started our tournament games, we came up with a list of strategies for conflict resolution.

(VA SOL 7.4)

COOPERATION

(Noun)

The process of working together
for a common goal.

Keeping our PE equipment in good condition
takes cooperation. We all must work together to
use things the way the right way and to put them
back when class is over.

(VA SOL 7.4)

DEMONSTRATE

(Verb)

To show or perform an action
for others to see.

Olivia became so good at bounce passes that Mr.
Brown asked her to demonstrate for the class.
(VA SOL 7.4)

EQUIPMENT

(Noun)

The set of tools, accessories, and objects used in a sport or activity.

Emily put all her equipment back where it belonged when class ended.

(VA SOL 7.4)

ETIQUETTE

(Noun)

Rules for good behavior and manners.

Justine did a good job of showing proper etiquette for the sport by staying quiet during the serve.

(VA SOL 7.4)

FEEDBACK

(Noun)

Information provided in reaction to a performance or action.

Mr. Hart gave Gina feedback on her striking skills, which included ways for her to improve.

(VA SOL 7.4)

GUIDED VISUALIZATION

(Verb)

A method of dealing with stress in which a teacher guides students through mental images of an object, setting, or action.

Mr. Stone taught his students to visualize good form and technique in preparation for their circus arts performances.

(VA SOL 7.4)

INCLUSION

(Noun)

Including or being included within a group.

Callie's physical education teacher advocated for inclusion in all her classes by encouraging students to make sure no one was ever left out.
(VA SOL 7.4)

PARTICIPATION

(Noun)

Taking part in an activity.

Monica showed safe participation
by following instructions and using
the paddle correctly.

(VA SOL 7.4)

PEER

(Noun)

A person of the same age, group,
or ability as another person.

Fred and Tom are peers who are
both on the same team.

(VA SOL 7.4)

PHYSICAL ACTIVITY

(Noun)

Any physical movement that uses the body's energy.

Taking a walk with my family is a great physical activity and helps us stay healthy.
(VA SOL 7.4)

PROBLEM SOLVING

(Noun)

The process of finding solutions
to difficult issues.

Jess used his problem-solving skills to help
his team accomplish their goal.

(VA SOL 7.4)

RULES

(Noun)

A set of understood regulations that keep an activity under control.

The rules at recess help everyone stay active and safe.

(VA SOL 7.4)

SAFETY

(Noun)

The condition of being protected from danger.

During physical education class, Rahim follows all rules related to safety to protect himself and his classmates from injury.

(VA SOL 7.4)

SELF-OFFICIATE

(Verb)

When a group plays a game by the rules and keep score by being honest. A referee is not needed.

There were multiple games going on at once, so each team was responsible for self-officiating.

(VA SOL 7.4)

SKILL

(Noun)

The ability to do something well.

Volleying in badminton is a skill that takes time and practice to master.

(VA SOL 7.4)

STRATEGY

(Noun)

A plan of action for achieving a goal.

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

(VA SOL 7.4)

STRESS MANAGEMENT

(Noun)

Techniques used for controlling a person's level of stress in response to specific challenges or demands.

Yoga became so enjoyable and relaxing for Kecia that she used it for stress management during study breaks at testing time.

(VA SOL 7.4)

TONE OF VOICE

(Noun)

The vocal sound regarding its pitch, quality, and strength.

Mrs. Herrick's tone of voice was kind when she spoke to her students.

(VA SOL 7.4)