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

Academic Language Card Set
GRADE TWO
Energy Balance

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

Milk or food made from milk.

Tyler had dairy products every day to help his bones stay strong.

(VA SOL 2.5)
HYDRATION
(Noun)

A supply of water to the body to restore or maintain a balance of fluids.

Liam drinks water before, during, and after exercising to maintain a high level of hydration. By staying hydrated, he can perform his best.

(VA SOL 2.5)
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 2.5)