

**Course Title:** Physical Education – Fourth Grade

**Board Approval Date:** 10/15/12

**Credit / Hours:** NA

**Course Description:**

This Course focuses on mastery of the PA academic standards for Physical Education. As student's progress through this course they will participate in more team type games and activities that focus on developing teamwork, sportsmanship, and strategy skills. Focus will also be on mastering those higher level manipulative skills of throwing, rolling, hitting, and kicking. Student's skill level should be at a higher level than 3<sup>rd</sup> grade. Students will also participate in a swimming program, with instruction at a higher skill level than 3<sup>rd</sup> grade.

**Learning Activities / Modes of Assessment:**

Large group instruction  
Small group work

Teacher Observation  
Skills Tests on Basic Movement Skills

**Instructional Resources:**

Various Websites on Physical Education (Ex. *PECentral*)

Topic: Applying strategies through Team Sports and Activities

Days: 40

Subject(s): Physical Education

Grade(s): 4th

Know:

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.4.3.B – Essential**

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

**10.4.3.D – Compact**

Identify likes and dislikes related to participation in physical activities.

**10.4.3.E – Essential**

Identify reasons why regular participation in physical activities improves motor skills.

**10.4.3.F – Essential**

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

Rules of Various Team Sports

Understand:

Goal setting and positive group interaction are important to success in participation in any team sport.

Do:

**10.3.3.D – Essential**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.4.3.B – Essential**

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

**10.4.3.D – Compact**

Identify likes and dislikes related to participation in physical activities.

**10.4.3.F – Essential**

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

Demonstrate the various skills needed to play the sport

Explain the rules of the game that they are playing

Evaluate the impact of practice strategies on skill development and improvement.

Topic: Applying strategies through Team Sports and Activities

Days: 40

Subject(s): Physical Education

Grade(s): 4th

Which standards are students learning in this unit?

**10.3.3.D – Essential**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.4.3.B – Essential**

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

**10.4.3.D – Compact**

Identify likes and dislikes related to participation in physical activities.

**10.4.3.E – Essential**

Identify reasons why regular participation in physical activities improves motor skills.

**10.4.3.F – Essential**

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

Topic: aquatics

Days: 8

Subject(s): Physical Education

Grade(s): 4th

Know:

Understand:

Do:

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.4.3.B – Essential**

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

**10.4.3.F – Essential**

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

**10.4.3.D – Compact**

Identify likes and dislikes related to participation in physical activities.

**Basic Swimming Skills****10.3.3.D – Essential**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.4.3.B – Essential**

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

**10.4.3.F – Essential**

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

**10.4.3.D – Compact**

Identify likes and dislikes related to participation in physical activities.

**10.5.3.A – Essential**

Recognize and use basic movement skills and concepts.

- locomotor movements (e.g., run, leap, hop)
- non-locomotor movements (e.g., bend, stretch, twist)
- manipulative movements (e.g., throw, catch, kick)
- relationships (e.g., over, under, beside)
- combination movements (e.g., locomotor, non-locomotor, manipulative)
- space awareness (e.g., self-space, levels, pathways, directions)
- effort (e.g., speed, force)

Topic: aquatics

Days: 8

Subject(s): Physical Education

Grade(s): 4th

Know:

Understand:

Do:

**10.5.3.A – Essential**

Recognize and use basic movement skills and concepts.

- locomotor movements (e.g., run, leap, hop)
- non-locomotor movements (e.g., bend, stretch, twist)
- manipulative movements (e.g., throw, catch, kick)
- relationships (e.g., over, under, beside)
- combination movements (e.g., locomotor, non-locomotor, manipulative)
- space awareness (e.g., self-space, levels, pathways, directions)
- effort (e.g., speed, force)

**10.5.3.B – Essential**

Recognize and describe the concepts of motor skill development using appropriate vocabulary.

- form
- developmental differences
- critical elements
- feedback

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Recognize and describe the concepts of motor skill development using appropriate vocabulary.

- form
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- feedback

**10.5.3.E – Essential**

Know and describe scientific principles that affect movement and skills using appropriate vocabulary.

- gravity
- force production/absorption
- balance
- rotation

floats, glides, rhythmic breathing ,basic strokes

Topic: aquatics

Days: 8

Subject(s): Physical Education

Grade(s): 4th

Know:

Understand:

Do:

**10.5.3.E – Essential**

Know and describe scientific principles that affect movement and skills using appropriate vocabulary.

- gravity
- force production/absorption
- balance
- rotation

Improve Basic Water Skills

Topic: aquatics

Subject(s): Physical Education

Days: 8

Grade(s): 4th

Which standards are students learning in this unit?

**10.3.3.D – Essential**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.4.3.B – Essential**

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

**10.4.3.F – Essential**

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

**10.4.3.D – Compact**

Identify likes and dislikes related to participation in physical activities.

**10.5.3.A – Essential**

Recognize and use basic movement skills and concepts.

- locomotor movements (e.g., run, leap, hop)
- non-locomotor movements (e.g., bend, stretch, twist)
- manipulative movements (e.g., throw, catch, kick)
- relationships (e.g., over, under, beside)
- combination movements (e.g., locomotor, non-locomotor, manipulative)
- space awareness (e.g., self-space, levels, pathways, directions)
- effort (e.g., speed, force)

**10.5.3.B – Essential**

Recognize and describe the concepts of motor skill development using appropriate vocabulary.

- form
- developmental differences
- critical elements
- feedback

**10.5.3.E – Essential**

Know and describe scientific principles that affect movement and skills using appropriate vocabulary.

- gravity
- force production/absorption
- balance
- rotation

Topic: Principals of Strength Training and Related Activities

Days: 10

Subject(s): Physical Education

Grade(s): 4th

Know:

Understand:

Do:

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.4.3.B – Essential**

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

**10.4.3.C – Essential**

Know and recognize changes in body responses during moderate to vigorous physical activity.

- heart rate
- breathing rate

Frequency

Intensity

Time

Type

How often to Exercise

How hard to Exercise

How long to Exercise

What kind of Exercise

**10.3.3.D – Essential**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.4.3.B – Essential**

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

**10.4.3.C – Essential**

Know and recognize changes in body responses during moderate to vigorous physical activity.

- heart rate
- breathing rate

Be able to do the Standing Long Jump

Be able to do the 400 yard run

Be able to do the Sit and Reach test

Be able to do Push-up and Sit-ups

Be able to do the 50 yard dash

Be able to do the Shuttle Run



Topic: Principals of Strength Training and Related Activities

Days: 10

Subject(s): Physical Education

Grade(s): 4th

Which standards are students learning in this unit?

**10.3.3.D – Essential**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.4.3.B – Essential**

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

**10.4.3.C – Essential**

Know and recognize changes in body responses during moderate to vigorous physical activity.

- heart rate
- breathing rate

## Course Pacing Guide

Course: **Physical Education – Grade Four**

<b>Course Unit (Topic)</b>	<b>Length of Instruction (Days/Periods)</b>
1. Applying Strategies Through Team Sports and Activities	40 days
2. Aquatics	8 days
3. Principles of Strength Training and Related Activities	<u>10 days</u>
<b>DAYS TOTAL</b>	<b>58 Days</b>