

SGS Unit Timeline Matrix

Grade: Fourth Grade

Subject Area: PHYSICAL EDUCATION

Month	Standard(s)	Unit	Benchmark(s)	Examples of Skills (Activities):
Example ~ Math 2nd Grade	7A	Currency/Money	7.A.1.c	*Add/Subtract using currency *Make change from \$1.00
Aug./Sept.	19A, 19B, 19C, 21A, 21B, 23B, 24A	Daily warm-ups used throughout the year Soccer Novotney's Navy	19.A.1, 19.B.1, 19.C.1.a, 21.A.1, 21.A.1.b, 21.B.1, 21.A.1.c, 23.B.1, 24.A.1.a	Jogging, stretching sequence Soccer dribbling, passing, team concepts, shooting off moving target/pass Fitness concepts – introduced –ribbons upon meeting goals
October	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 23B, 24	Flag Football Pre-Fitness Testing Relays/Lacrosse Novotney's Navy Nutrition/Health	19.A.1, 19.B.1, 19.C.1.a, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1, 21.A.1.b, 21.B.1, 23.B.1, 21.A.1.a	Kick, pass, catch football Identify drop or place kick Safety rules with equipment Locomotor skills, reinforce skills from 3rd grade, incorporate new skills; grapevine, "running form" drills, use of small equipment and parachute Fitness concepts–ribbons upon meeting goals
November	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	Relays/small equipment Bowling (Low Level) Novotney's Navy	19.C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Continue progression of relay skills, actual batons used - reinforced later in track unit. Bowl with nerf balls/progress to rubber ball → use Fitness concepts–ribbons upon meeting goals
December	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	Basketball Parachutes Novotney's Navy	19.C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Passing, shooting, team concepts Body balance; footwork/stations Parachutes used for strength and teamwork-following directions Fitness concepts–ribbons upon meeting goals
January	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	Volleyball Lead-up & Team Play Novotney's Navy Nutrition/Health*	19.C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Assess serve skills 1) correct footwork Intro-review passing skills to partner Communication skills-call ball and move to play Fitness concepts–ribbons upon meeting goals Start "mileage checks" - preparation for spring mile

				(Late January-early February - Logging mileage for the Seneca Dells) * Mypyramid.gov. – interactive game
February	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	Pre-Hockey Pillo-Polo Scooter Hockey Stations “Making Tracks”* Gettysburg Cone Game	19.C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Proper stick handling/safety issues Passing, dribbling, shooting at targets ("animal hunt") Team Concepts *Logging mileage for the Seneca Dells Celebrate and recognize Lincoln’s contribution to our history. Build the address by searching and piecing speech together.
March	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	ISAT RELAYS Ropes/PE Challenge Stations Folk Dance/Rhythms Sarah/Jacob Wedding Dance “Making Tracks”	19.C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1.a	Using worksheets from Study Island, create game of solving and reinforcing w/hockey or other sport skills as reward. First year of PE challenge 6 skill areas; individual and team assessment Station skills Introduce/review dance concepts; etiquette (V. Reel & O Susanna) Continue "mileage checks" – Seneca Dells – “ Using worksheets from Study Island, create game of solving and reinforcing w/hockey or other sport skills as reward.
April	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	Circuits Fitness Testing Preparation Track & Field (Low Level Intro) “Making Tracks” Tennis (eye/hand) Elipse ball	19.C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1	Pre-post test circuit stations Prepare sit-ups, push ups, v=sit and reach, and mile run for fitness testing Continue "mileage checks" -plan "trip"- Top 4 th plans – top 3 rd and 4 th set-up the day of the “Dells” Soccer, relays etc to continue fitness levels-rather than only running
May/June	19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B, 24A	Finish Track & Field Fitness Testing Softball “Seneca Dells”	19.C.1.a, 19.A.1, 19.B.1, 20.A.1.a, 20.A.1.b, 20.C.1, 21.A.1.b, 21.A.1.c, 21.B.1, 24.A.1	Mile run and fitness testing Softball rules used; closer to real softball-some lead-up throwing/catching skills Take "trip" reinforce the benefits of consistent exercise/logging mileage – Seneca Dells