

Fourth Grade Physical Education

Updated November 2017

Course Description:

This course emphasizes manipulating objects in and through space. Students will learn to demonstrate the correct techniques for using manipulatives including throwing, catching, striking, kicking, trapping, and dribbling. Students will learn to analyze their performance in order to learn or improve a movement skill. Students will continue to learn fitness concepts, participate in a variety of fitness development exercises, and learn to assess their personal fitness. Working together as part of a group, students will learn to appreciate personal differences and value the rights of others.

BIG Ideas:

- I will apply fundamental & specialized skills in a game situation
- I will explain why it is important to be physically active every day

Essential Learner Objectives:

ELO #1: *The Student will demonstrate movement skills and demonstrate body awareness*

- Demonstrate loco motor, non-loco motor and manipulative skill combinations during skill drills (thrown to a partner while he/she runs to catch, dribble and pass a ball to moving receiver, catch thrown objects, continuously strike a ball against a backboard or wall with an implement) (HM1C4)
- Apply fundamental and specialized skills in game situation (HM1F4)

ELO #2: *The student will demonstrate responsible personal and social behavior in physical activity settings*

- Follow rules, procedures and instructions with little reinforcement (PA2A4)
- Stop on command (PA2A4)
- Use equipment properly & safely
- Apply rules and procedures to activities (PA2A4)
- Identify safe and unsafe situations and respond appropriately (PA3A4)

ELO #3: *The student will understand that physical activity provide the opportunity for enjoyment, challenge, self-expression & social interaction*

- Demonstrate ability to share (PA2A4)
- Demonstrate ability to cooperate (PA2A4)
- Explain 3 ways to stay fit (PA1A4)
- Tell why it is important to be physically active every day (PA1B4)
- Identify one activity designed to help reduce stress (aerobics, deep breathing) (PA1B4)

ELO #4: *The students will be able to comprehend basic content terminology, principles and knowledge of how to continue to exhibit a physically active lifestyle*

- Name the components of health-related fitness (cardio-respiratory endurance, muscular strength and endurance, flexibility and body composition) (PA1A4)
- Set personal fitness goals (PA1A4)
- Identify the differences between anaerobic and aerobic activities (sprints vs. 15 minute jog) (PA1C4)
- Recognize what systems work together to move your body (muscular and skeletal) (PA1D4)