**Track and Field Unit Organizer**

**4th Grade Reeves/Wilcox**

**Previous Unit Next Unit Continuous Unit**

Jump Rope Floor Hockey None

**Summary**

In this unit students will recall and build upon some basic locomotor skills learned in earlier grades. Track and Field presents as a new unit and new skill sets for 4th graders. The only time touching on track and field is a basic lead up to help the younger kids for Olympic Day.

**The Big Idea**

Students will practice skills/events and will build into a “real” track meet.

**Colorado Physical Education State Standards  
Standard: 1. Movement Competence and Understanding in Physical Education**

1A. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activity.

1B. Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performing physical activities.

**Standard: 2. Physical and Personal Wellness in Physical Education**

2A. Participate regularly in physical activity.

2B. Achieve and maintain a health-enhancing level of physical fitness.

**Standard: 3. Emotional and Social Wellness in Physical Education**

3B. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Integrated Units/Activities – Similar ideas**

**Throwing – Punt, Pass, and Kick practice at beginning of the year. Practicing throwing skills for softball throw. Body posture and rotation for shot put.**

**Track events - None**

**Core Knowledge Language Arts - NA**

**Prior Knowledge**

Kindergarten – 6th grade

K-1st – Locomotor skills and games. Olympic Day preparation with sprints, and long jump. Throwing skills and games.

2nd-3rd – Throwing skills and games. Olympic Day preparation with sprints and long jump.

5th-6th – Track and Field Unit. Throwing skills and Punt, Pass, and Kick Unit. 6th graders

can also go out for the track and field team in the spring.

**What they will learn in future grades?**

7th-8th – Throwing skills and Punt, Pass, and Kick Unit. 7th and 8th graders can also go out

for the track and field team.

9th-12th – High school students can participate in track and field for the school team but

not much in PE. PE is an elective, and track and field is not one of the units done in

class.

**Core Knowledge Links – Connections to Core Knowledge in other classrooms**

In general, our track and field unit follows the basic core knowledge principles. Students learn the basics skills and events which build upon each other year after year. We make sure to overlap/practice what was learned the year before and build upon their current skill set. Each year a little more time is spent on the sport in class, is taught more in depth, and more events are added each year 4th – 6th grade.

**Additional Resources**

Books – Coaching Youth Track and Field and USA Coaching Track and Field Manual.

**Standards for Achievement**

**Student’s will-**

\*Know sprint, distance, and relay events for track and events available in field.

\*Know the keys for sprinting, distance running, jumping, and throwing.

\*Try each event during practice time in class.\*Know the keys for sprinting, distance

running, jumping, and throwing.

\*Try each event during practice time in class.

\*Understand how a track and field meet runs.

\*Display appropriate safety for themselves and their peers throughout the unit.

\*Display good sportsmanship and display integrity throughout the lesson.

**Types of Assessments**

\*A visual assessment will be used by the teacher to determine if students are ready to move from skills practice to event testing.

\*Students will be quizzed orally regarding skill cues, rules and safety daily.

\*Students will display their knowledge of the events through testing and scoring of each event.