



4th Grade Physical Education Scope & Sequence

Grading Period	Focus TEKS (R) Readiness (S) Supporting	Learning Targets
Throughout the School Year	4.1 A,E,F,K 4.2 B,C,D	4.3 A,B,C,D,E,F 4.4 B 4.5 A,B,D 4.6 A,B 4.7 A,B,C,D <ul style="list-style-type: none"> • Demonstrate changes in speed while running different patterns while in dynamic situations • Perform sequences that include traveling and stationary balances. • Demonstrate body control in jumping and landing. • Demonstrate key elements in a variety of manipulative skills. • Identify ways movement concepts such as time, space, effort, and relationships can be used to refine movement skills • Make appropriate changes based on feedback. • Describe key elements of mature movements such as throw, kick, strike, effort, relationships can be used to refine movement. • Describe and select physical activities that provide enjoyment and challenge. • Name the components of health related fitness. • Identify and demonstrate exercises that promote flexibility. • Improve flexibility in trunk, shoulders and legs. • Participate in activities that develop and maintain muscular strength and endurance. • Identify opportunities for participation in physical activity in the community. • Participate in moderate to vigorous activity on a daily basis. • Use equipment safely and properly. • Select and use attire that promote participation and safety. • Identify potential risks associated with physical activity. • Distinguish between compliance and noncompliance with rules and regulations. • Analyze potential risks associated with unsafe movements and improper use of equipment. • Follow rules and procedures and etiquette .

		<ul style="list-style-type: none"> • Respond to winning and losing with dignity and understanding. • Work independently and stay on task. • Demonstrate effective communication, consideration and respect for the feelings of others during physical activity.
Safety	4.5 C	<ul style="list-style-type: none"> • Describe and apply safety precautions when cycling and skating.
Body Awareness	4.1 D 4.4 D	<ul style="list-style-type: none"> • Jump and land for distance while using skills of creating and absorbing force. • Identify major muscle groups and the movements they cause
Locomotor Skills	4.1 A,C	<ul style="list-style-type: none"> • Demonstrate changes in speed while running different patterns while in dynamic situations. • Combine shapes, levels and pathways in a repeatable pattern.
Tossing and Catching	4.1 B 4.2 D	<ul style="list-style-type: none"> • Catch an object while moving. • Describe key elements of mature movements such as throw, kick, strike
Striking	4.2 D	<ul style="list-style-type: none"> • Describe key elements of mature movements such as throw, kick, strike
Ball Handling	4.2 D	<ul style="list-style-type: none"> • Describe key elements of mature movements such as throw, kick, strike

Jump Rope	4.1 H,J	<ul style="list-style-type: none"> • Create a movement sequence that has a beginning, middle and end. • Travel in and out of a long rope turned by others.
Gymnastics	4.1 D,E, F,G	<ul style="list-style-type: none"> • Jump and land for distance while using skills of creating and absorbing force. • Transfer weight along and over equipment with good body control. • Perform sequences that include traveling and stationary balances. • Demonstrate body control in jumping and landing.
<ul style="list-style-type: none"> • Cooperative Games/Recreational Games 	4.2 C 4.7 A,B,D	<ul style="list-style-type: none"> • Make appropriate changes based on feedback. • Follow rules and procedures and etiquette . • Respond to winning and losing with dignity and understanding. • Demonstrate effective communication, consideration and respect for the feelings of others during physical activity
Rhythm	4.1 C,H,I	<ul style="list-style-type: none"> • Combine shapes, levels and pathways in a repeatable pattern. • Create a movement sequence that has a beginning, middle and end. • Perform basic folk dance steps.