
PE Grade 4 Adventure Activities curriculum

Curriculum Guide

Scranton School District

Scranton, PA



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PE/Health Grade 4 curriculum

Prerequisite :

Students will practice and perform Third Grade Physical Education drills and activities.

Course Description Here

Fourth Grade Physical Education will be taught by a certified Health & Physical Education Teacher. It will provide student opportunities to learn and practice skills and behaviors critical to being physically active. The Fourth Grade student will practice motor skills and movement patterns needed to perform a variety of Physical Activities. The student will participate in regular activities and achieve a health-enhancing level of physical fitness. Each child will exhibit personal and social behavior that respects self and others in physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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Year-at-a-glance

Subject:	Grade Level	Date Completed:
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1st Quarter, 2nd Quarter, 3rd Quarter, 4th Quarter

Topic	Resources	CCSS

1st Quarter, 2nd Quarter, 3rd Quarter, 4th Quarter:

Students will actively participate and engage in physical activities that promote lifelong fitness. Units and lessons will be dependent on facilities (indoor/outdoor), equipment, and seasons. Teachers will plan lessons based on multiple standards.

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General Topic	Academic Standard(s)	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time
Adventure Activities	<p>10.4.6 A: Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health</p>	<p>Objective: Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p> <p>Physical Activity</p> <ul style="list-style-type: none"> ● Physical activity occurs when your muscles contract to make your body move ● Physical activities or moderate to vigorous intensity can help you reduce your risk of disease and maintain a healthy weight <p>Define Moderate Activities: Moderate activity is defined as activity of intensity equal to a brisk walk and can be performed for relatively long periods of time without fatigue. Moderate physical activities included but are not limited to: bowling, walking. Participate for at least 30 minutes each day. Participation in moderate</p>	<p>Climbing Wall Cooperative Games New Game</p>	<p>Teacher Observation</p> <p>Teacher Q&A</p> <p>Student discussion</p>	<p>Daily Lesson Plans at 40 mins per class</p>

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		<p>activities will reduce the risk of disease. It also helps you to feel and look your best by burning calories and increasing your energy.</p> <ul style="list-style-type: none"> Define Vigorous Activities: Vigorous activities are defined as a movement that expends more energy or is performed at a higher intensity than a brisk walk. These activities raise your heart and breathing rate. Vigorous activities include running, jogging. You should do these at least three days a week for at least 20 mins. These contribute to health and fitness by lowering heart rate, blood pressure and increasing strength and endurance. 			
	<p>D: Describe factors that affect childhood physical</p>	<p>Objective: Students will identify factors that affect their physical activity preferences.</p>		<p>Teacher Observation Teacher Q&A</p>	<p>Daily Lesson Plans at 40 mins per class</p>

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	activity preferences	<ul style="list-style-type: none"> ● There are many things that influence why you like some activities better than others. Your personal feelings, other people, and your level of personal fitness. ● Enjoyment ● Personal Interest ● Social Experience ● Opportunities to learn new activities ● Personal preference ● Environment <p>Understanding how and why your choices are influenced by your own thoughts, feelings and behaviors and how other people can influence you can be used to help you achieve a physically active lifestyle.</p>		Student discussion	
	10.5.6 D: Describe and apply the principles of exercise to the components of health-relat	<p>Objective: Define health-related fitness components.</p> <ul style="list-style-type: none"> ● Cardio respiratory fitness: A health related component of physical fitness relating to the ability of the circulatory and respiratory systems 	Climbing Wall Cooperative Games	Teacher Observation Teacher Q&A Student discussion	Daily Lesson Plans at 40 mins per class

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	ed and skill-related fitness.	<p>to supply oxygen during sustained physical activity.</p> <ul style="list-style-type: none">● Muscular Strength: A health-related component of physical fitness that relates to the ability of the muscle to exert force.● Muscular Endurance: A health-related component of physical fitness that relates to the ability of a muscle to continue to perform without fatigue.● Flexibility: Health related component of physical fitness that relates to the range of motion available at a joint.● Body Composition: A health related component of physical fitness that relates to the percentage of fat tissue and lean tissue in the body			
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