
PE Grade 4 Fitness 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
Fitness	<p>10.4.6 B: Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p>	<p>Standard Statement B: Define body systems: Body systems are parts of the body that work together to keep you functioning, organs, blood vessels, muscles act. You have a number of body systems.</p> <p>Define Cardiovascular system: This system includes the heart and blood vessels. The heart pumps the blood and the arteries and veins transport it. It includes the respiratory system. This system carries oxygen from the air to the bloodstream and expels carbon dioxide from the body. The heart pumps the oxygen into the blood and collects carbon dioxide from it to be expelled through the lungs. The system is basic to life and breathing. Its</p>	<p>Circuit Training Aerobic Activities Anaerobic Activities Yoga Adventure Activities Tag Games</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>automatic functions are controlled by the brain.</p> <p>Define Respiratory system: Moves oxygen from the outside environment into the body.</p> <ul style="list-style-type: none"> ● Nose: Air enters the body here. ● Bronchi: Passageway that directs air into the lungs ● Lungs: Main organs of the respiratory system. 			
	<p>C: Identify and apply ways to monitor the body's response to moderate and vigorous physical activity.</p>	<p>Objective: The students will monitor their bodies' response to exercise.</p> <ul style="list-style-type: none"> ● There are many ways to monitor the bodies' response to exercise. Some methods are: Heart rate, breathing rate, perspiration. When you take your pulse you are 		<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>monitoring your heart rate. There are many places to pulse, however it is recommended that children use the pulse on the thumb side of either wrist (radial pulse). When you do this during activity you are checking to see if your heart rate is in the target zone. This is used to determine if the activity is challenging enough for you. See target heart rate charts for guidelines. Children may also use heart rate monitors to monitor their pulse.</p>			

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<p>Fitness</p>	<p>10.5.6: D: Describe and apply the principles of exercise to the components</p>	<p>Standard Statement D:</p> <p>Objective: Define health-related fitness components.</p> <p>Cardio respiratory fitness: A health related component of physical fitness relating to the ability of the circulatory and respiratory systems to supply oxygen during sustained physical activity.</p> <p>Muscular Strength: A health-related component of physical fitness that relates to the ability of the muscle to exert force.</p> <p>Muscular Endurance: A health-related component of physical fitness that relates to the ability of a muscle to continue to perform without fatigue.</p> <p>Flexibility: Health-related component of physical fitness that relates to the range of motion available at a joint.</p>	<p>circuit training aerobic activities anaerobics activities</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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		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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