

Moon Area School District Curriculum Map

Course: Elementary Physical Education

Grade Level: 4th Grade

Content Area: Physical Education

Frequency: Full-Year Course (1 day per week, 50 minutes)

Big Ideas

- Creating an environment for students to become lifelong movers.
- Understanding spatial awareness through movement.
- Developing a community related curriculum.
- Implementing critical elements for mastery in grade skill development.
- Fostering appropriate stages of social and emotional growth.
- Safety impacts individual and community well-being

Essential Questions

1. What specific activities can lead to a lifelong healthy lifestyle?
2. How can personal space be important while playing activities?
3. What sport or activity does this skill relate to outside of school?
4. How would you demonstrate a particular skill or movement for an activity?
5. What are examples of good/bad sportsmanship?
6. What are some strategies for staying safe in class?

Primary Resource(s) & Technology:

Projector, ipad, computer, tv, Bluetooth speaker system. Online PE resources/textbooks.

Pennsylvania (State)/ and/or focus standards referenced at:

www.pdesas.org

www.education.pa.gov

Big Ideas/EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
1,2,4, &5	10.2.3.A1 10.3.3.A1 10.3.3.B1 10.4.3.A1 10.4.3.B1 10.5.3.A1 10.5.3.B1 10.5.3.C1	<u>Small Sided Team Sports</u> -Demonstrate movements of kicking, trapping, and directional accuracy of ball movements -Demonstrate control of hand manipulation of a basketball with dribbles, passing, and shooting -Demonstrate manipulative control of hockey skills of dribbling, passing, and shooting	Ongoing
1,2,4, &5	10.2.3.A1 10.3.3.A1 10.3.3.B1 10.4.3.A1 10.4.3.B1	<u>Creative Movement</u> - Applying set movements to music directives - Creating individual movements to musical dances - Performing in small and large groups	Ongoing

	10.5.3.A1 10.5.3.B1	- Apply basic movement skills in dance activities. (Square Dance, folk, modern, circle line square) -Demonstrating body awareness through gymnastics skills (tumbling, balance beam) -	
1-5	10.4.3A1 10.4.3.B1 10.4.3C1	<u>Fitness Testing</u> -applying tests of agility, muscular endurance, and flexibility, and cardiovascular endurance. - practicing and training exercises for improvement of physical fitness -Implementing a goal-oriented mindset to improve one's fitness levels.	Ongoing
1-5	10.2.3.A1 10.4.3.A1	<u>Cooperative Games</u> -applying skills of strategy to accomplish team goals -working with teammates to show cooperation -development of student empowerment with the activity -Student empowerment with gameplay. -Determine and explain rules for specific game.	Ongoing
6	10.3.3.A1	<u>Classroom Safety Measures:</u> -Displaying appropriate behavior in classroom setting. -Determine appropriate safety measures in chasing, dodging, and fleeing movement exercises.	Ongoing