

**2023 ~ 2024**  
**4<sup>th</sup> Grade Physical Education ~ Year-at-a-Glance**

Standard	Aug	September	October	November	December	January	February	March	April	May
----------	-----	-----------	---------	----------	----------	---------	----------	-------	-------	-----

<b>Movement Competency and Understanding</b>	<p><b><u>Games of Tagging, Chasing, Fleeing &amp; Dodging</u></b> (movement principles; chasing, fleeing &amp; dodging &amp; tagging; health benefits; tactics; principles of safe movement &amp; proper tagging; connections to skill related fitness, games, sports &amp; other physical activities)  <b>6 - 9 Lessons</b></p>	<p><b><u>Manipulative Skills in Game Situations</u></b> (rolling, throwing, catching &amp; kicking a variety of objects in combination and in transition, i.e. throwing on the run; small sided games, lead-up drills, relays, tournament play; tactical considerations as appropriate)  <b>6 - 9 Lessons</b></p>	<p><b><u>Getting Better: Using Feedback to Improve Performance</u></b> (peer assessment to recognize &amp; evaluate the critical elements of movement; constructive feedback)  <b>4 - 6 Lessons</b></p> <p><b><u>Patterns &amp; Combination Movement: Dance</u></b> (social &amp; contemporary forms of dance to recognize &amp; perform a variety of repeatable patterns of movement)  <b>4 - 6 Lessons</b></p> <p><b><u>Balance &amp; Weight Transfer in Combination</u></b> (static &amp; dynamic balance; simple routines demonstrating smooth transitions; feet-to-hands &amp; hand-to-feet weight transfer, i.e., mule kick, handstand or cartwheel)  <b>9 - 12 Lessons</b></p>	<p><b><u>Manipulative Skills in Game Situations</u></b> (with short &amp; long handed implements; passing, receiving, trapping, volleying &amp; striking in combination; a variety of implements &amp; games, i.e., pickleball, table tennis, badminton, hockey)  <b>9 - 12 Lessons</b></p> <p><b><u>Manipulative Skills in Game Situations</u></b> (volleying, striking &amp; dribbling; passing &amp; receiving to a moving target; tactical decisions, leading receivers)  <b>6 - 9 Lessons</b></p>	
	<p style="text-align: center;"><b><u>Elements of Skill Related Fitness</u></b> (speed, agility, balance, reaction time, coordination &amp; power): Integrated with all locomotor, non-locomotor &amp; manipulative activities where appropriate  <b>Concepts of time, force, flow, location, direction, pathways, extension &amp; levels:</b> Integrated with all locomotor, non-locomotor &amp; manipulative activities where appropriate  <b><u>Applied Learning: Integration of Skills into Simple Games, Contests, Relays &amp; Tournaments:</u></b> Activity themes based on the "Wheel" in Children Moving, integrated into all activities where appropriate</p>				
<b>Physical and Personal Wellness</b>	<p><b><u>FitnessGram Practice</u></b> (gender differences in HFZ standards basic goal setting; score interpretation)  <b>4 - 6 Lessons</b></p>	<p style="text-align: center;"><b><u>The F.I.T.T Principle &amp; Components of Health Related Fitness</u></b>                  (embedded within all activities as appropriate: exercise/physical fitness connection; overload, progression &amp; specificity training principles; components of health related fitness; heart rate before, during &amp; after exercise; correct body alignment for performing low back stretches)  <b>48 - 52 Lessons</b></p>			<p><b><u>FitnessGram Practice</u></b> (goal evaluation)  <b>4 - 6 Lessons</b></p>
	<p style="text-align: center;"><b><u>Nutrition &amp; Hydration</u></b> (food choices &amp; exercise can manage healthy weight; hydration before, during &amp; after exercise; sport drinks)  <b>3 - 6 Lessons</b></p>		<p style="text-align: center;"><b><u>Tobacco &amp; Other Drugs</u></b> (verbal &amp; non-verbal avoidance strategies; dangers of second hand smoke; benefits &amp; dangers of OTC drugs; understanding drug labels; responding when OTC drugs are used incorrectly)  <b>3 - 6 Lessons</b></p>		
<b>Emotional and Social Wellness</b>	<p style="text-align: center;"><b><u>TEAM: Together Everyone Achieves More</u></b>                  (Teambuilding Activities)  <b>4 - 6 Lessons</b></p>	<p style="text-align: center;"><b><u>Elements of Good Sportsmanship</u></b> ➔ <b>Intentionally Taught &amp; Embedded Within All Activities as Appropriate</b>                  (attributes of good sportsmanship; identifying both positive &amp; negative examples; honoring the game; respecting teammates, opponents &amp; game officials)</p>			
<b>Prevention and Risk Management</b>	<p><b><u>Getting Off to a Good Start</u></b>                  (Classroom Rules &amp; Procedures)  <b>1 - 2 Lessons</b></p>	<p style="text-align: center;"><b><u>Movement Control for Safe Participation in Physical Activity</u></b> ➔ <b>Intentionally Taught &amp; Embedded Within All Activities as Appropriate</b>                  (injury management through safe movement; rules for safe and fair play; skill techniques for proper use of equipment; identifying safety concerns in the gym, playground &amp; neighborhood)</p>			

ELA	Reading & Writing to Learn: Using Language as a Tool for Learning (P.E.: journaling, portfolios)	Explanation & Opinion (P.E.: dialogue, journaling, explaining game strategy or essential questions)
Math	Addition & Subtraction (P.E.: counting & scoring)	Measurement (P.E.: heart rate monitors, pedometers, activity logs, estimating, fitness assessment, computing distance, time & pacing)
Social Studies	Games, Activities, Rituals & Dance by Culture and Geographic Region	
Science	Compare & Contrast (P.E.: effects of physical activity on body systems & consequences of sedentary lifestyle)	

**2023 ~ 2024**

**4<sup>th</sup> Grade Physical Education ~ Year-at-a-Glance**