



Grade 4 PE Unit 4 - Leisure and Recreational Activities and Games

Unit Focus

In this unit, students will identify health benefits from a variety of physical activities and games. Connect these activities to the Activity Pyramid to determine whether they meet the recommendations of leisure-time/recreational activities, strength/conditioning, aerobic and everyday movement, and limit sedentary activities.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
Healthy and Balanced Living Curriculum Framework Physical Education K-5 - Demonstrates a combination of locomotor skills to participate in a variety of developmentally appropriate movement and fitness activities. (E1.1.4) - Demonstrates mature patterns in a variety of nonlocomotor skills (curling, stretching, twisting, and bending) while maintaining stationary and dynamic balance during developmentally appropriate tasks, activities, creative movement, and dance. (E1.3.4) - Demonstrates weight transfer in combination with movement concepts and locomotor skills in a variety of developmentally appropriate tasks and activities, creative movement, dance, and gymnastics (E1.4.4) - Underhand throw: Demonstrates and applies mature patterns in underhand throw in a variety of developmentally appropriate tasks and activities (E1.5.4a) - Overhand throw: Demonstrates and applies mature patterns in overhand throw in a variety of developmentally appropriate tasks and activities (E1.5.4b) - Demonstrates and applies mature patterns in catching in a variety of developmentally appropriate stationary tasks and activities. (E1.6.4) - Demonstrates and applies mature patterns of striking using short and long handled implements in a variety of developmentally appropriate tasks and activities (E1.10.4) - Demonstrates the ability to examine the health benefits of participating in physical activities. (S5.E1.4)	<i>Students will be able to independently use their learning to...</i> T1 Seek out and participate in leisure/recreational activities. T2 plan for lifelong fitness benefits. T3 minimize the time spent on inactivity. T4 promote lifelong fitness and positive overall health.	
	Meaning	
	Understanding(s)	Essential Question(s)
	<i>Students will understand that...</i> U1 Students identify personal likes and dislikes and allot time to pursue their interests. U2 People develop self-confidence and self respect by identifying personal strengths and weaknesses and building upon them. U3 Individuals engage in stress reducing activities in order to maintain a balanced lifestyle. U4 Inactivity has a negative impact on your overall health. U5 Choosing activities that you like to do will have a positive impact on the amount of activity you do. U6 Making a decision to decrease sedentary time and increase active time will benefit your overall health and well-being.	<i>Students will keep considering...</i> Q1 What are my unique strengths, weaknesses likes and dislikes? Q2 What strategies do I have to make health-enhancing decisions? Q3 what types of activities can I do to improve my overall fitness?
	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
	<i>Students will know...</i> K1 that participating in a variety of activities from the activity pyramid will have a positive impact on their overall health.	<i>Students will be skilled at...</i> S1 demonstrating competency in a variety of motor skills and movement patterns.

Stage 1: Desired Results - Key Understandings

- Demonstrates the ability to rate the enjoyment of participating in challenging and mastered physical activities. (S5.E2.4)
- Demonstrates the ability to rank the enjoyment of participating in different physical activities. (S5.E4.3.4)
- Demonstrates the ability to describe and compare the positive social interactions when engaged in partner, small group, and large group physical activities (S5.E4.4)

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- Self-Awareness: Examining current performance critically to identify steps/ strategies to persist. (POG.4.1)

K2 which activities they will pursue outside of school to become more active.
K3 the basic rules and how to play a variety of leisure/recreational activities introduced in class.
K4 the different types of activities that are associated with the areas of the activity pyramid.

S2 demonstrating and applying mature patterns in throwing during a variety of developmentally appropriate tasks and activities.
S3 demonstrating weight transfer in combination with movement concepts and locomotor skills in a variety of developmentally appropriate tasks and activities.
S4 demonstrating mature patterns in a variety of non locomotor skills.
S5 demonstrating the ability to examine the health benefits of participating in physical activities.
S6 recognizing the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.
S7 determine ways to engage in 60 minutes of activity time each day.