

**YEAR AT A GLANCE: PE**

**Grades 4-5**

**(updated Dec 2022)**

Units	Manipulative and Hand-Eye Coordination Activities	Locomotive and Spatial Awareness Activities	Team Sports	Physical Fitness	Social Skills Character Education Decision Making Skills
<b>Unit Length</b> <i>(weeks taught)</i>	Throughout the Year	Throughout the Year	30	<b><i>Embedded in the entire program throughout the school year</i></b>	4
<b>Performance Task</b> <i>(e.g., Persuasive Essay, DBQ, Nutritional Analysis, etc.)</i>	Students will demonstrate skills such as throwing, catching, kicking, striking an object with an implement and striking an object with a body part. Students are assessed formatively during activities.	Students will demonstrate various locomotor skills such as walking, power-walking, galloping, hopping, skipping, side-stepping, sliding, and leaping. Students will demonstrate evasive skills such as dodging and changing direction. Students are assessed formatively during activities.	Students will demonstrate various sport-specific skills. Students are assessed formatively during activities.	Students will demonstrate various physical fitness activities. Students are assessed formatively during activities.	Students will demonstrate various positive team building, social skills and effective decision making skills. Students will also demonstrate various positive character education traits. Students are assessed formatively during activities.
<b>Enduring Understanding</b> <i>(The big ideas, the “why” we include these ideas)</i>	Basic knowledge of the skills and rules. The importance of sportsmanship and fair play. The importance of adhering to the rules.	Basic knowledge of the skills and rules. The importance of sportsmanship and fair play. The importance of adhering to the rules.	Basic knowledge of the skills and rules. The importance of sportsmanship and fair play. The importance of adhering to the rules.	Basic knowledge of four components of physical fitness: Cardiovascular Endurance, Muscular Endurance, Muscular Strength and Flexibility	Basic knowledge of communication, cooperation and citizenship skills. The importance of sportsmanship and fair play. The importance of adhering to the rules.

<p><b>Essential Questions</b> (What do we want students to think about)</p>	<p>Does the student exhibit a respect for his/her peers during play?          Are the students challenging themselves during the activity?          Does the student exhibit positive social interaction?          Does the student enjoy the benefits of physical fitness while participating in the activities?          Does the student apply movement concepts and skills to the activities?          Does the student progress during the unit?</p>	<p>Does the student exhibit a respect for his/her peers during play?          Are the students challenging themselves during the activity?          Does the student exhibit positive social interaction?          Does the student enjoy the benefits of physical fitness while participating in the activities?          Does the student apply movement concepts and skills to the activities?          Does the student progress during the unit?</p>	<p>Does the student exhibit a respect for his/her peers during play?          Are the students challenging themselves during the activity?          Does the student exhibit positive social interaction?          Does the student enjoy the benefits of physical fitness while participating in the activities?          Does the student apply movement concepts and skills to the activities?          Does the student progress during the unit?</p>	<p>Does the student exhibit a respect for his/her peers during play?          Are the students challenging themselves during the activity?          Does the student exhibit positive social interaction?          Does the student enjoy the benefits of physical fitness while participating in the activities?          Does the student progress during the unit?</p>	<p>Does the student exhibit a respect for his/her peers during play?          Are the students challenging themselves during the activity?          Does the student exhibit positive social interaction?          Does the student progress during the unit?</p>
---	---	---	---	---	---