

# Wallenpaupack Area School District

## Planned Course Curriculum Guide

### Physical Education

### Physical Education Grade 4

**Course Description:**

The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. It is the intention of this course to provide students with the necessary knowledge and skills that will enable them to achieve and maintain a physically active and healthful life, as well as to favorably impact their lives and the lives of those around them. By becoming and remaining physically, mentally, socially and emotionally healthy, students will increase their chances of achieving their highest academic potential.

**Revision Date:**

| Wallenpaupack Area School District Curriculum |                               |
|-----------------------------------------------|-------------------------------|
| <b>COURSE: Physical Education</b>             | <b>GRADE/S: 4</b>             |
| <b>UNIT 1: Wellness and Fitness</b>           | <b>TIME FRAME: Year-round</b> |

**PA COMMON CORE/NATIONAL STANDARDS:**

10.4.6 A, B, C, D, E, F  
10.5.6 A, B, C, D

**UNIT OBJECTIVES (SWBATS):**

- Students will be able to identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.
- Students will be able to explain the effects of regular participation in moderate to vigorous physical activities on the body.
- Students will be able to identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.
- Students will be able to describe factors that affect childhood physical activity preferences.
- Students will be able to identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.
- Students will be able to identify and describe positive and negative interactions of group members in physical activities.
- Students will be able to explain and apply the basic movement skills and concepts to create and perform movement sequences and advance skills.
- Students will be able to identify and apply the concepts of motor skill development to a variety of basic skills.
- Students will be able to describe the relationship between practice and skill development.
- Students will be able to describe and apply the principles of exercise to the components of health related and skill-related fitness.

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

Flexibility

- Student led stretches
- Discussions of why stretching properly is appropriate for the activity
- Static and dynamic warm-ups/Cool-down
- Yoga

Cardiovascular Endurance

- Marathon Kids Program
- Jogging/Walking
- Discussions of pacing: how and why.
- Discussions of heart rate and breathing rate.
- Exercises that increase heart rate (jumping jacks, jump rope, mountain climbers, etc.)
- Games and fitness stations that increase heart rate

Muscular Strength

- Wall ladders (pull-ups, chin ups, arm hang)
- Body weight exercises (push-up, plank, sit-ups, yoga poses, squats, lunges, etc.)

#### Social Skills

- Cooperation collaboration
- Conflict Resolution
- Fairness
- Working hard
- Setting goals
- Awareness of the needs of others

#### F.I.T.T. Principle

- Discussions about frequency, intensity, time, and type of exercise.

#### **ANCHOR VOCABULARY:**

#### **ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

- Teacher Observation
- Formative assessments pre/post
- Student participation
- Class discussion
- Fitness Testing

#### **EVIDENCE OF MASTERY/Cut Score (Keystone Exam):**

Students will be able to perform and describe exercises and activities with proper form.

#### **DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)**

Modify exercises so all students can participate

- Moving at a slower/faster pace
- Give options for exercises that work the same muscle groups
- Various levels of challenge
- Modify rules of a game or activity
- Adjust and/or modify equipment used for activity

#### **RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.):**

Marathon Kids  
American Heart Association  
Various PE Websites

#### **RESOURCE SPECIFIC VOCABULARY:**

