DRISCOLL ISD PHYSICAL EDUCATION

4th Grade PE Syllabus

2026–2027 School Year

Driscoll Dragons Physical Education
Grade: 4th Grade
Course: Physical Education (PE)

Course Purpose

Fourth Grade Physical Education focuses on improving movement proficiency, fitness, teamwork, sportsmanship, and the application of skills in increasingly challenging activities.

Students will begin taking greater responsibility for their effort, behavior, preparation, and teamwork.

PE Schedule

Assigned PE Schedule: ☐ MWF (Monday • Wednesday • Friday)
☐ TTHF (Tuesday • Thursday • Friday)

Students should come prepared for physical activity on their assigned PE days. **Athletic or tennis shoes are strongly recommended.**

Skills & Activities

Instruction may include:

- Advanced locomotor combinations
- Throwing, catching, and passing
- Kicking and ball control
- Hand and foot dribbling
- Striking
- Agility and coordination
- Cardiovascular endurance
- Strength and flexibility
- Team sport fundamentals
- Offensive and defensive concepts
- Cooperative activities

9-Weeks Overview of Instruction

1st 9 Weeks – Fitness, Movement & Team Building

- PE expectations and safety
- Fitness concepts
- Cardiovascular endurance
- Strength and flexibility
- Agility and coordination
- Cooperative challenges
- Team building
- Leadership development

2nd 9 Weeks – Sport Skills

- Throwing, catching, and passing
- Kicking and ball control
- Hand and foot dribbling
- Striking skills
- Target and accuracy activities
- Skill combinations
- Rules and sportsmanship

3rd 9 Weeks – Team Games & Strategies

- Modified team sports and activities
- Offensive and defensive concepts
- Passing and movement
- Positioning and spacing
- Small-sided games
- Communication and teamwork
- Fitness development

4th 9 Weeks – Lifetime Fitness & Recreation

- Individual and team challenges
- Recreational activities
- Fitness circuits
- Cooperative games
- Leadership opportunities
- Skill and fitness review
- Lifelong physical activity concepts

Instruction may be adjusted based on student needs, facilities, equipment, weather, school events, and the PE rotation.

Dragon PE Expectations

Students are expected to:

- Participate actively.
- Give consistent effort.
- Follow directions and safety procedures.
- Demonstrate self-control.
- Respect classmates and teachers.
- Use equipment responsibly.
- Work cooperatively.
- Accept feedback appropriately.
- Demonstrate good sportsmanship.

Participation & Assessment

Assessment may include:

- Participation and effort
- Skill development
- Fitness concepts
- Understanding rules and strategies
- Safe participation
- Responsibility
- Teamwork
- Sportsmanship
- Individual growth

Character, effort, and improvement are important parts of success in PE.

Shoes, Clothing & Safety

Athletic or tennis shoes are strongly recommended. Students should wear comfortable, school-appropriate clothing suitable for physical activity.

Students are responsible for using equipment correctly, maintaining control, respecting activity boundaries, and immediately reporting injuries or unsafe conditions.

Health, Sportsmanship & Leadership

Students will explore cardiovascular endurance, strength, flexibility, hydration, healthy choices, and lifelong physical activity.

Fourth Grade students will also develop leadership through communication, cooperation, encouragement, and responsible decision-making.

Character matters more than the final score.

Our Driscoll Dragon Promise

Be Safe • Be Respectful • Be Responsible • Give Your Best Effort • Lead Positively • Show Sportsmanship

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Parent/Guardian Acknowledgment

We have reviewed the **Driscoll ISD 4th Grade Physical Education Syllabus** and understand the expectations for participation in PE.

Student Name: _____

PE Schedule: ☐ MWF ☐ TTHF

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

DRISCOLL DRAGONS

Respect • Responsibility • Effort • Teamwork • Leadership • Sportsmanship