

# Mount Pleasant Central School District

## Grade 4, Physical Education



*We believe physical education and health is based upon the acquisition of knowledge and skills that are the foundation for a student's physical, mental and social well being.*

How can we build our confidence through movement? In this class, students will engage in a variety of activities designed to enhance physical skills and promote self-esteem. We will explore sports, dance, and outdoor games that encourage personal growth and enjoyment. Our main goal is to help students recognize their abilities and set personal fitness goals. Through structured activities, students will learn about the importance of warm-ups, cool-downs, and healthy habits. They will work in teams to develop cooperation and leadership skills while showcasing what they've learned through fun challenges and performances. Assessment will occur through a combination of participation, skill demonstrations, and reflections.

| Unit Title        | Month     | Content                                              | Vocabulary                                 | Standards | Skills                                  | Big Ideas                                                    | Assessments       |
|-------------------|-----------|------------------------------------------------------|--------------------------------------------|-----------|-----------------------------------------|--------------------------------------------------------------|-------------------|
| Cooperative Games | September | Teamwork and Sportsmanship                           | Leadership, Sharing, Fair Play             | NYS 4     | Targeting                               | Participating and getting along with your teammates          | Checklist         |
| Football          | September | Quarterback and wide receiver play                   | Spiral, Touchdown, Complete Pass           | NYS 2     | Spiral Throw, Defense                   | Passing and Accuracy                                         | Performance Based |
| Fitness Testing   | October   | Fitness stations for cardio and muscular development | Flexibility, Muscle Strength and Endurance | NYS 1     | Stretching, Pushups, Jump Rope, Situps, | Importance to develop a healthy and physically fit lifestyle | Performance Based |
| Volleyball        | October   | Hitting, Arm speed                                   | Front Row, Back Row                        | NYS 1     | Forearm pass, Serve, Set, and Rotation  | Applying skills and team work in organized game play         | Rubric            |
| Soccer            | November  | Ball control, Passing, Positional play               | Instep, Accuracy, and Power                | NYS 2     | Shooting, Passing, Dribbling            | Applying skill play in small and large soccer games.         | Observational     |
| Handball          | November  | Catching, Throwing,                                  | Incomplete Pass,                           | NYS 2     | Goaltending, Passing,                   | Understanding rules                                          | Peer Assessment   |

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|-----------------|----------|------------------------------|-------------------------------------------------|-----------|-----------------------------------------|-------------------------------------------------------------------------|-------------------|
|                 |          | and Spacing                  | Turnover, Spacing                               |           | Shooting                                | and teamwork.                                                           |                   |
| Boardwalk Games | December | Throwing, Balance, Reflexes  | Agilities and Tossing                           | NYS 4     | Targets, Bulls Eye                      | Playing and competing in games of chance and luck                       | Observational     |
| Basketball      | January  | Ball Control, Defense        | Pivot, Crossover Dribble and Backboard Shooting | NYS 2     | Dribbling, Passing, Shooting, Defensive | Effectively use skills in games of shooting, 1 on 1 and 3 on 3 games    | Rubric            |
| Tennis          | February | Striking, Ball Control       | Backhand                                        | NYS 2     | Striking, Drop Serve                    | Strategies and movement in game play. How to find success in tournament | Performance Based |
| Badminton       | February | Racket Control and Placement | Birdie, Smash                                   | NYS 2     | Drop Serve, Spike                       | Implementing strategies and movement in game play.                      | Performance Based |

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| Pickleball      | February | Racket Control and Placement | Rally, Backhand                                         | NYS 2     | Serve, Striking                                   | Implementing movement and strategies in game play.                                     | Performance Based |
| Hockey          | February | Stick Control, Safety        | High Stick, Clearing, Dribbling                         | NYS 2     | Dribbling, Passing, Shooting, Goaltending, Defend | Implement the skills to find success team play with spacing and ball movement          | Rubric            |
| Lacrosse        | March    | Stick Control, Stick Safety  | Cradle, Clearing, Scooping                              | NYS 2     | Ground Ball, Passing, Shooting, Defending         | While maintaining safe game play incorporate spacing and passing concepts              | Checklist         |
| Track and Field | March    | Running, Sprinting, Hurdling | Hurdle, Baton, Javelin, Cooperation vs Individual Event | NYS 1     | Throwing, running, hurdling                       | Use personal and team strategies to meet with success during running and racing events | Self Assessment   |

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| Revisited Sports Unit | April |                      |                                                           |           |                                            |                                                                                           |                 |
| Golf                  | May   | Safety Swing Control | Par, Birdie, Pin, “Hole in one”                           | NYS 1     | Putting Chipping                           | Swing Control and ball contact to place the golf ball where you want it to go             | Peer Assessment |
| Gymnastics            | May   | Balancing, Tumbling  | Strength, Flexibility, Body Control, Pike, Straddle, Tuck | NYS 1     | Tumbling, Body Holds, Spring Boards, Rings | Maintain body control to use your own strengths to complete balancing and tumbling skills | Observation     |
| Obstacle Course       | June  | Balancing, Speed     | Challenge, Risk, Strategy                                 | NYS 1     | Strength, Speed, Agilities                 | Challenge yourself to complete the course in the fastest time you can                     | Observation     |

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| Throwing and Striking Games | June  | Cooperation, Base Running Games | Fair, Double, Triple, Homerun   | NYS 2     | Throwing, Running, Kicking, Teamwork | Use teamwork and cooperation strategies to succeed in gameplay | Performance Based |
| Jump Rope                   | June  | Cardiovascular, Coordination    | Turning Speed, Triple Jump Rope | NYS 2     | Jumping, Coordination                | Challenge yourself in a fun cardio vascular fitness activity   | Performance Based |