

Grade 4 PE

2018-2019

	Week	Major Concepts / Topics	Possible Resources
Quarter 1 Aug 10 – Oct 12	1	PE.4.C.2.2 Understand the importance of safety rules and procedures in all physical activities, especially those that are high risk. (*Year Long*)	PE.4.C.2.2
	2	PE.4.C.2.7 Identify proper warm-up and cool-down techniques and the reasons for using them.	PE.4.C.2.7
	3	PE.4.L.4.6 Identify how specific stretches increase flexibility and reduce the chance of injury.	PE.4.L.4.6
	4	PE.4.C.2.8 Identify the importance of hydration before, during and after physical activity.	PE.4.C.2.8
	5	PE.4.C.2.4 Understand the importance of protecting parts of the body from the harmful rays of the sun.	PE.4.C.2.4
	6	PE.4.M.1.1 Apply movement concepts to the performance of locomotor skills in a variety of movement settings. (*Year Long*)	PE.4.M.1.1
	7	PE.4.C.2.1 Understand the importance of purposeful movement in a variety of movement settings. (*Year Long*)	PE.4.C.2.1
	8	PE.4.C.2.5 Detect errors in personal movement patterns. (*Year Long*)	PE.4.C.2.5
	9	PE.4.M.1.12 Run and hurdle a succession of low- to medium-level obstacles.	PE.4.M.1.12
Quarter 2 Oct 15 – Dec 1	Week	Major Concepts / Topics	Possible Resources
	1	PE.4.M.1.8 Throw balls of various sizes and weights to a stationary partner from varying distances using a correct overhand motion. (*Year Long*) PE.4.M.1.7 Move in different directions to catch objects of different sizes and weights thrown by a stationary partner from varying distances. (*Year Long*) PE.4.M.1.5 Dribble and pass to a moving partner.	PE.4.M.1.8 PE.4.M.1.7 PE.4.M.1.5

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		PE.4.R.5.1 Discuss the influence of individual differences on participation in physical activities. (*Year Long*)	PE.4.R.5.1
	2	PE.4.R.5.3 Demonstrate respect and caring for students with disabilities through verbal and non-verbal encouragement and assistance. (*Year Long*)	PE.4.R.5.3
	3	PE.4.R.5.2 List ways to encourage others while refraining from insulting/negative statements. (*Year Long*)	PE.4.R.5.2
	4	PE.4.R.6.3 Discuss ways to celebrate one's own physical accomplishments while displaying sportsmanship. (*Year Long*)	PE.4.R.6.3
	5	PE.4.M.1.2 Strike a moving object using body parts so that the object travels in the intended direction at the desired height.	PE.4.M.1.2
	6	PE.4.M.1.3 Strike an object continuously using a paddle/racquet demonstrating correct technique of a forehand pattern.	PE.4.M.1.3
	7	PE.4.M.1.4 Strike moving and/or stationary objects with long-handled implements using correct technique so the objects travel in the intended direction.	PE.4.M.1.4
	8	PE.4.C.2.9 Identify basic offensive and defensive tactics for modified invasion and net activities. (*Year Long*)	PE.4.C.2.9
	9	PE.4.L.3.4 Identify opportunities for involvement in physical activities after the school day. (*Year Long*)	PE.4.L.3.4
	Week	Major Concepts / Topics	Possible Resources
Quarter 3 Jan 7 – Mar 14	1	PE.4.L.4.8 Explain the principles of physical fitness. (*Year Long*) PE.4.L.3.1 Identify a moderate physical activity. (*Year Long*) PE.4.L.3.2 Identify a vigorous physical activity. (*Year Long*)	PE.4.L.4.8 PE.4.L.3.1 PE.4.L.3.2
	2	PE.4.L.4.3 Maintain heart rate within the target heart rate zone for a specified length of time during an aerobic activity. (*Year Long*)	PE.4.L.4.3

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	3	PE.4.L.4.1 Identify the muscles being strengthened during performance of specific activities. (*Year Long*)	PE.4.L.4.1
	4	PE.4.L.4.2 Identify several activities related to each component of physical fitness. (*Year Long*) PE.4.L.3.5 Implement at least one lifestyle behavior to increase physical activity. (*Year Long*)	PE.4.L.4.2 PE.4.L.3.5
	5	PE.4.L.4.4 Identify ways to participate in selected physical activities for the purpose of improving physical fitness. (*Year Long*) PE.4.L.4.5 Identify ways to participate in formal and informal physical fitness assessment.	PE.4.L.4.4 PE.4.L.4.5
	6	PE.4.L.4.9 Develop short-and long-term fitness goals. (*Year Long*)	PE.4.L.4.9
	7	PE.4.L.4.10 Describe ways that technology can assist in the pursuit of physical fitness.	PE.4.L.4.10
	8	PE.4.L.4.7 Understand appropriate serving size.	PE.4.L.4.7
	9	PE.4.L.3.6 Discuss the importance of wearing a bicycle helmet.	PE.4.L.3.6
	Week	Major Concepts / Topics	Possible Resources
Quarter 4 Mar 25 – May 24	1	PE.4.M.1.9 Perform a teacher-designed sequence, with or without manipulatives, while demonstrating balance, coordination, clear shapes, purposeful movements and smooth transitions.	PE.4.M.1.9
	2	PE.4.M.1.10 Perform two or more dances accurately.	PE.4.M.1.10
	3	PE.4.M.1.11 Perform a self-designed gymnastics sequence consisting of clear beginning and ending balances and three different movement elements with correct technique and smooth transitions.	PE.4.M.1.11
	4	PE.4.R.6.1 Discuss how physical activity can be a positive opportunity for social and group interaction. (*Year Long*)	PE.4.R.6.1

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5	PE.4.R.6.2	Describe the connection between skill competence and enjoyment of physical activity.	PE.4.R.6.2
6	PE.4.C.2.6	Compare and discuss skills/sports that use similar movement patterns.	PE.4.C.2.6
7	PE.4.L.3.3	Identify opportunities for involvement in physical activities during the school day. (*Year Long*)	PE.4.L.3.3
8	PE.4.C.2.3	Use technology to gather information about performance.	PE.4.C.2.3
9	PE.4.M.1.6	Perform a variety of swim strokes.	PE.4.M.1.6