

Department: Physical Education
Course Name: Fourth Grade Physical Education

Course Description:

Our students will demonstrate an understanding of the significant role of physical education, fitness, and health play in our personal lives and in society. They will possess the skills necessary to maintain fitness and body control through various physical activities. A major emphasis will be placed on improving the locomotor skills (running, skipping, galloping, sliding, jumping, hopping, walking) and the non-locomotor skills (twisting, turning, pushing, pulling, swinging, swaying, dodging, bending, stretching). Our program is to improve skill acquisition and physical fitness to develop healthy behaviors to promote lifelong wellness.

Content:

Locomotor Skills
Toss and catch with and without equipment
Spatial Awareness
Dribbling
Non-Locomotor Skills
Striking with and without equipment
Throwing
Rhythm
Volleying
Floor Hockey
Team Handball
Soccer
Basketball
Bowling
Tennis
Chasing
Fleeing
Dodging
Tagging

Skills:

Develop locomotor skills (running, skipping, galloping, sliding, jumping, hopping, walking, leaping)
Toss and catch a variety of shape and size balls
Kick, pass, shoot, and dribble soccer balls
Pass, shoot, and block basketballs, handballs, and hockey pucks
Move with and without music to engage rhythm
Develop non-locomotor skills (twisting, turning, pushing, pulling, swinging, swaying, dodging, bending, stretching)
Develop problem solving skills while learning to collaborate and team build
Move through space while dodging people and objects
Develop offensive and defensive strategy

Text and Materials:

Tennis Shoes are required to participate
Individual refillable water bottle

Methods of Instruction:

Individual, partner, and group activities
Teacher directed instruction

Methods of Evaluation:

Teacher Observation

