

**Department:** Physical Education

**Course Name:** Fourth Grade Physical Education

**Course Description:**

Our students will demonstrate an understanding of the important role of physical education, fitness, and healthy play in our personal lives and in society as a whole. 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 in order to develop healthy behaviors to promote lifelong wellness. Students will be masked properly at all times unless engaged in strenuous, appropriately spaced outdoor activities.

**Content:**

Locomotor Skills

Toss and Catch a Variety of 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

Mask

Individual refillable water bottle

**Methods of Instruction:**

Individual, partner, and group activities

Teacher directed instruction

**Methods of Evaluation:**

Teacher Observation

