

Grade 4 Physical Education



Motor Skills and Movement Patterns

Course Curriculum

Physical Education Assessments

Power Objectives

P.O. #2: Apply the critical elements of fundamental manipulative skills in a variety of physical activities

Academic Vocabulary

- | | |
|--|---|
| <ul style="list-style-type: none"><input type="checkbox"/> locomotor skills<input type="checkbox"/> non-locomotor skills<input type="checkbox"/> manipulative skills<input type="checkbox"/> critical elements<input type="checkbox"/> movement sequences<input type="checkbox"/> strong hand/weak hand<input type="checkbox"/> balance<input type="checkbox"/> targets<input type="checkbox"/> throw/toss | <ul style="list-style-type: none"><input type="checkbox"/> catch<input type="checkbox"/> opposite<input type="checkbox"/> dribble<input type="checkbox"/> kick<input type="checkbox"/> roll<input type="checkbox"/> strike<input type="checkbox"/> force<input type="checkbox"/> self-space<input type="checkbox"/> general space |
|--|---|

Enduring Understandings

Students understand that...

- Physical activity involves using motor skills.
- Motor skills are essential to complete/perform several everyday tasks.

Essential Questions

- How do motor skills relate to the activities or games played?
- How can I use locomotor, non-locomotor and manipulative skills outside of gym class in everyday life?
- Why is the development of motor skills essential?