

**Department: Physical Education**

**Course Title:Fit 4 Life**

**Grade Level: K-4**

**Length of Course: Year Long**

**Primary Resources:**

**Units of Study:**

**Unit 1: Locomotor Skills**

**Unit 2 : Manipulative Skills**

**Unit 3 : Modified Team Sports**

**Unit 4 : Cooperative/Team Building Games**

**Unit 5 : Fitness Games/Activities**

**Unit 6: Holiday Games**

**Curriculum-Based Assessments:**

Skill Assessment Rubric

Teacher Observation

Student – Teacher Dialogues

Demonstration of Skills

**Standardized Assessments: N/A**

**Description of Course:** k-4th Grade Fit 4 Life is a year long course. Students will participate in many skill based, fitness,cooperative and team activities.