



Cider Mill

Grade 4 Physical Education Course Outline

The physical education program at Cider Mill School is designed to provide the students with opportunities to become competent in fundamental motor skills and selected combinations of skills; use basic movement concepts in dance, gymnastics and small-sided practice tasks; identify basic health-related fitness concepts; exhibit acceptance of self and others in physical activities; and identify the benefits of a physically active lifestyle.

Unit/Topics	Students will know:	Students will able to:
Locomotor Movements S1.E2 Jogging, Running	Required skills for competency in a variety of movement skills and patterns What different ways can the body move given a specific purpose? How can I move effectively and efficiently? What can I do to be physically active, and why is this important? What are the main areas of fitness that we address? How are those applied to increase our fitness levels?	Run for distance using a mature pattern
S1.E6 Combinations	To apply skills in daily warm up routines and during Soccer, Basketball, Noodle Hockey, Volleyball activities What different ways can the body move given a specific purpose? How can I move effectively and efficiently?	Combine traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small-sided practice tasks

Non-locomotor (Stability)	What different ways can the body move given a specific purpose? What are the skills and concepts necessary to safely and successfully control, strengthen and move one's body?	Moves into and out of balance on apparatus with curling, twisting and stretching actions
S1.E11 Combinations	How do I interact with others during physical activity? What are the skills and movement patterns that are necessary to successfully participate in dance and movement activities?	Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a partner
Manipulative S1.E13 Throwing Underhand	How do I interact with others during physical activity? Skills necessary to successfully participate in: Cooperative games (Pinball Advance, Reverse Knockout, Global Warming, Bocce)	Applies skill
S1.E14 Throwing Overhand	How do I interact with others during physical activity? Skills necessary to successfully participate in: Cooperative games (Pinball Advance, Reverse Knockout, Global Warming, Cider Ball, Matball)	Throws overhand using a mature pattern in non dynamic environments (closed skills) Throws overhand to a partner or at a target with accuracy at a reasonable distance
S1.E15 Passing With Hands	How do I interact with others during physical activity? Skills necessary to successfully participate in: Basketball passing (Chest and bounce) Volleyball skills, Quadrant Tag	Throws to a moving partner with reasonable accuracy in a non dynamic environment (closed skills)
S1.E16 Catching	How will physical activity help me now and in the future? Skills necessary to successfully participate in: -Reverse knockout, basketball, Cider Ball, Quadrant Tag	Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a non dynamic environment (closed skills)

S1.E17 Dribbling/Ball Control with Hands	How will physical activity help me now and in the future? What are the skills and concepts necessary to successfully participate in basketball activities?	Dribbles in self space with both the preferred and the nonpreferred hands using a mature pattern Dribbles in general space with control of ball and body while increasing and decreasing speed
S1.E18 Dribbling/Ball Control with Feet	How will physical activity help me now and in the future?	Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed
S1.E19 Passing and receiving with Feet	How do I interact with others during physical activity?	Passes and receives a ball with the insides of the feet to a moving partner in a non dynamic environment (closed skills) Passes and receives a ball with the outsides and insides of the feet to a stationary partner, "giving" on reception before returning the pass
S1.E21 Kicking	What are the essential skills and concepts necessary to successfully participate in small and large group games?	Kicks along the ground and in the air, and punts using mature patterns
S1.E22 Volleying Underhand	What are the essential skills and concepts necessary to successfully participate in small and large group games?	Volleys underhand using a mature pattern, in a dynamic environment (e.g., two square, four square, handball)
S1. E25 Striking, Long Implement	What are the essential skills and concepts necessary to successfully participate in small and large group games?	Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis racket, badminton racket), while demonstrating 3 of the 5 critical elements of a mature pattern for the implement (grip, stance, body orientation, swing plane and followthrough)
S1.E27 Jumping Rope	What are the physical benefits and different skills that are incorporated with jumping rope?	Creates a jump rope routine with either a short or long rope
S2.E1 Space	How can I move effectively and efficiently? What are some of the skills and techniques needed to work cooperatively as a class?	Applies the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling) Applies the concept of closing spaces in small-sided practice tasks Dribbles in general space with changes in direction and speed

S2.E2 Pathways, shapes, levels	What different ways can the body move given a specific purpose?	Combines movement concepts with skills in small-sided practice tasks, gymnastics and dance environments
S2E3 Speed, Direction, Force	What different ways can the body move given a specific purpose?	Applies the movement concepts of speed, endurance and pacing for running Applies the concepts of direction and force when striking an object with a short-handled implement, sending it toward a designated target
S2.E5 Strategies and Tactics	How can I move effectively and efficiently? What are the essential skills and concepts necessary to successfully participate in small and large group games?	Applies simple offensive strategies and tactics in chasing and fleeing activities Applies simple defensive strategies and tactics in chasing and fleeing activities) Recognizes the types of kicks needed for different games and sports situations
Demonstrates the knowledge and skills to achieve and maintain a health/enhancing level of physical activity and fitness S3. E1 Physical activity knowledge S3.E2 Engages in physical activity	Analyzes opportunities for participating in physical activity outside of P.E. class	Participate in physical activity in and outside of PE class Actively engages in the activities of P.E. class, both teacher directed and independent
S3.E3 Fitness knowledge S3.E5 Assessment and program planning	How to successfully participate in fitness assessments	Identifies the components of health related fitness Demonstrates warm-up and cool-down relative to cardiorespiratory
S3. E6 Nutrition S5. E1 Health	Recognize a relationship between health practices and physical activity	Discusses the importance of hydration and hydration choices relative to physical activities Discusses the relationship between physical activity and good health
Exhibits responsible	Reflect on personal social behavior in physical activity	Exhibits responsible behavior in independent group situations

personal and social behavior that respects self and others S4. E5 Rules and etiquette S4.E4 Working with others S4. E6 Safety S5. E4 Social interaction	Listen respectfully to corrective feedback from others	Exhibits etiquette and adherence to rules in a variety Praises the movement performance of others both more and less skilled Works safely with peers and equipment in physical activity settings Describes the positive social interactions that come when engaged with others in physical activity
S5. E2 Challenge	How will physical activity help me now and in the future?	Discusses the challenge that comes from learning a new activity
S5. E3 Self-expression and enjoyment	How will physical activity help me now and in the future?	Reflects on the reasons for enjoying selected physical activities