

# Grade 4 Physical Education



## Physical Activity and Fitness

### Course Curriculum

### Physical Education Assessments

#### Power Objectives

**P.O. #6: Understand the principles, components and practices of health related physical fitness to maintain or improve one's level of fitness**

#### Academic Vocabulary

- ☐ physical activity
- ☐ exercise
- ☐ fitness
- ☐ health(y)
- ☐ muscle
- ☐ muscular strength
- ☐ endurance

- ☐ flexibility
- ☐ cardiovascular
- ☐ heart
- ☐ heart rate/pulse
- ☐ warm-up
- ☐ cool-down
- ☐ intensity (light, moderate, vigorous)

#### Enduring Understandings

*Students understand that...*

- Muscular strength and endurance helps one to participate in activities of daily living.
- Physical activity is good for your health.

#### Essential Questions

- Why is it important to have muscular strength and endurance?
- What changes happen to my body when I am physically active?