4-5 Physical Education Overview



The following learning targets represent the major concepts studied and assessed in this course.

Semester 1:

Unit 1: Locomotors

4th Grade

• Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small-sided practice tasks

• 5th Grade

 Combines locomotor and manipulative skills in a variety of small-sided practice tasks/games environments

Unit 2: Human Body

• 4th Grade

- o Recognize what systems work together to move your body (e.g. muscular and skeletal)
- Label major muscles (e.g. abdominals, quadriceps, biceps) and bones (e.g. tibia, fibula, radius)

• 5th Grade

 Identify the major functions of circulatory (blood flow); respiratory (oxygen); muscular (strength and motor performance) and skeletal (body support) systems

Unit 3: Throwing/Catching

• 4th Grade

- Throws overhand using a mature pattern in non dynamic environments (closed skills). Throw a variety of objects (frisbees, deck tennis rings, footballs), demonstrating both accuracy and distance
- Throws to a moving partner with reasonable accuracy in a non dynamic environment (closed skills)
- o Throws overhand to a partner or at a target with accuracy at a reasonable distance

• 5th Grade

• Throws overhand using a mature pattern in non dynamic environments (closed skills), with different sizes and types of objects

Unit 4: Ball Handling

4th Grade

- 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

• 5th Grade

• Combines hand dribbling with other skills during 1v1 practice tasks.

Unit 5: Nutrition *Taught throughout year*

- 4th Grade
 - Discusses the importance of hydration and hydration choices relative to physical activities
- 5th Grade
 - Analyzes the impact of food choices relative to physical activity, youth sports & personal health

Unit 6: Volleying

- 4th Grade
 - Strikes/volleys underhand using a mature pattern, in a dynamic environment (e.g., 2 square, 4 square, handball)
- 5th Grade
 - * Applies volley skills in various situations

Semester 2:

Unit 1: Jump Rope

- 4th Grade
 - Creates a jump-rope routine with either a short or long rope
- 5th Grade
 - o Creates a jump-rope routine with a partner, using either a short or long rope

Unit 2: Foot Skills

- 4th Grade
 - Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed
 - Kicks a ground ball, a lofted ball, and punts using mature patterns
- 5th Grade
 - o Foot dribble a ball while preventing an opponent from stealing the ball

Unit 3: Striking with Implement

- 4th Grade
 - 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 follow through)

• 5th Grade

• Continuously strike toward a target or a partner with a paddle, using forehand and backhand strokes

Unit 4: Fitness

• 4th Grade

• Identifies the components of health-related fitness and recognize activities that contribute to the development of each component

• 5th Grade

 Identify activities that contribute to the development of each health-related component of fitness