

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**
 - 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)
 - 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**
 - 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**
 - 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