

PHYSICAL EDUCATION GRADES 4-6

8/06

Topic: Team Sports				
Essential Questions: 1. Why is attitude important in team sports? 2. Why is it important to practice fundamental skills? 3. Why is it necessary to have knowledge of the game?				
Performance Indicators	Guided Statements	Essential Knowledge and Skills	Classroom Ideas	Assessment Ideas
<ul style="list-style-type: none"> • Demonstrates evidence of improved reaction time, agility, speed, strength, endurance, flexibility • Demonstrates enjoyment for game • Demonstrates an understanding of how each game is played correctly • Demonstrates appropriate skills for each sport 	<ul style="list-style-type: none"> • What is the best way to advance the ball? • What skills are necessary to be successful in this sport? • What are the specific rules to each sport? • What are some offensive/defensive skills for each sport? • How does team play/teamwork encourage success? 	Skills & Safety <ul style="list-style-type: none"> • Soccer – dribbling, passing, trapping, shooting, heading, throw-ins, goalie skills, rules, strategy • Basketball – dribbling, passing, shooting, lay-ups, defense, rebounding, box-out, rules, strategy • Volleyball – serving, passing, hit, kill, dig, rules, strategy • Pillo Polo – passing, shooting, stick handling, rules, strategy • Cart Soccer – rules, strategy • Scooter Rim Ball – rules, strategy • Kickball – rules, strategy • Softball – throwing, catching, hitting, base-running, fielding, rules, strategy • Flag Football – throwing, receiving, kicking, rules, strategy 	Team Sports <ul style="list-style-type: none"> • soccer • basketball • volleyball • pillo polo • cart soccer • scooter rim ball • kickball • softball • flag football 	<ul style="list-style-type: none"> • rubrics • skills test • written test • teacher observation • verbal assessment (lesson closure)

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Topic: Physical Fitness					
Essential Questions: 1. What is a physically active lifestyle? 2. How can you improve your level of physical fitness? 3. Why is it important to be physically active?					
Performance Indicators	Guided Statements		Essential Knowledge and Skills	Classroom Ideas	Assessment Ideas
<ul style="list-style-type: none"> • Demonstrates vigorous physical activity • Understands the benefits of physical activity • Recognizes the positive experiences of being physically fit 	<ul style="list-style-type: none"> • What is the first thing you should do before starting a physical fitness plan? • What is the first thing you do before working out? • What are the four parts of a fitness workout? • What does Target Heart Rate (THR) mean? • Give an example of each part of a fitness workout • What places can you take your pulse? 		<p>Benefits of Exercise</p> <ul style="list-style-type: none"> • healthy lifestyle • positive experience/feeling • social/emotional <p>Four Components of Physical Fitness</p> <ul style="list-style-type: none"> • warm-up • stretch • aerobic exercise/"hard work" • cool down <p>Target Heart Rate</p> <ul style="list-style-type: none"> • resting pulse • active pulse • recovery/"cool down" <p>Examples of Fitness Skills</p> <ul style="list-style-type: none"> • warm-up • stretch • aerobic exercise/"hard work" • cool down <p>Safety</p>	<p>Warm-up</p> <ul style="list-style-type: none"> • jogging • tag games • jog & dribble <p>Stretching</p> <ul style="list-style-type: none"> • head circles • Arm circles • Shoulder stretch • Trunk twists • Toe touches • Butterfly • Calf stretch • Squats • jumping jacks <p>Aerobic Exercise/"Hard Work"</p> <ul style="list-style-type: none"> • basketball rotational shooting • dribble tag • sports skills stations • endurance running • four goals – pillo polo • pillo polo • garbage can • soccer dribble • four goals – soccer • indoor soccer <p>Cool Down</p> <ul style="list-style-type: none"> • slow walking • stretching • slow dribbling 	<ul style="list-style-type: none"> • fitnessgram • teacher observation • rubric • verbal assessment (lesson closure)

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Topic: Games and Activities				
Essential Questions: 1. Why is it important to understand good sportsmanship and cooperation? 2. Why are basic game and movement skills important? 3. Why is it important to listen and follow rules?				
Performance Indicators	Guided Statements	Essential Knowledge and Skills	Classroom Ideas	Assessment Ideas
<ul style="list-style-type: none"> • Demonstrates body control while sharing general space • Controlling and managing emotions while participating • Listening skills • Follow rules and direction 	<ul style="list-style-type: none"> • Why is it important to display sportsmanship during each game? • How does teamwork help your success during the game? • What skills were important for success in each game? • What techniques are involved in performing each game or activity? • What role does strategy have in performing each game or activity? 	<p>Locomotor Movements</p> <ul style="list-style-type: none"> • walking, running, maneuver, dodge, start, stop, catch, throw, jump <p>Non-Locomotor Movements</p> <ul style="list-style-type: none"> • bending, swaying, swinging, lowering, rotating, twisting, raising, circling <p>Self-control Sportsmanship Follow Rules Safety Game Etiquette Effort & Attitude</p>	<p>Activities</p> <ul style="list-style-type: none"> • snowshoeing • Parachute – pop the balls, interlocking gears, ostrich, over/under, parachute pass, rocking chair, ball surfing, parachute volleyball, houekeeping, snake tag, popover, cat & mouse, shark attack, ripples & waves, umbrella, cross-under, mountain, inside the mountain, cross-under mountain, climb the mountain, popcorn, merry-go-round, floating cloud, mushroom 	<ul style="list-style-type: none"> • teacher observation • rubric • verbal assessment (lesson closure)

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Topic: Rhythm and Dance				
Essential Questions: 1. Why does an individual need to move to the tempo of the music? 2. In what ways can you express your emotions through dance? 3. How does dance help getting along with other classmates?				
Performance Indicators	Guided Statements	Essential Knowledge and Skills	Classroom Ideas	Assessment Ideas
<ul style="list-style-type: none"> • Demonstrates an understanding of the beat to the music • Demonstrates creativity through movement • Demonstrates cooperation and enjoyment while dancing with classmates 	<ul style="list-style-type: none"> • What dance movements/ patterns would you use for each dance? • How is counting helpful when performing a line dance? • In what ways can you show enjoyment of dance? • Where else can you enjoy dance? 	<p>Locomotor Movements</p> <ul style="list-style-type: none"> • walking, running, hopping, leaping, jumping, marching, trotting, stamping, twirling, skipping, galloping, sliding <p>Non/locomotor Movements</p> <ul style="list-style-type: none"> • bending, swaying, twisting, swinging, raising, lowering, circling, rotating, line, circle, square dances <p>Safety</p>	<p>Dances</p> <ul style="list-style-type: none"> • twist • Macarena • electric slide • YMCA • hands up • boot-scootin' boogie • love me like a rock • creative dance • cha-cha slide • square dances • cotton-eye Joe • Goin' South • chicken • limbo rock • Virginia Reel 	<ul style="list-style-type: none"> • teacher observation • rubric • verbal assessment (lesson closure)

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Topic: Movement Education – Basic and Creative Movement					
Essential Questions: 1. How do you move safely in the gym? 2. What are the different ways to move in the gym? 3. How do you properly use equipment and treat fellow classmates and teachers?					
Performance Indicators	Guided Statements		Essential Knowledge and Skills	Classroom Ideas	Assessment Ideas
<p>Demonstrate competency in a variety of basic and creative movements</p> <ul style="list-style-type: none"> body management space awareness effort relationships 	<ul style="list-style-type: none"> What is an empty space? How do you move in an empty space? If you fall in the gym, what should you do? Why is a safety roll important? When should you use a safety roll? How can you have a positive effect on your fellow classmates? 		<p>Understand, relate, and demonstrate the following body management skills:</p> <ul style="list-style-type: none"> shifting weight balance body actions body parts stressed basic functions (jump, land, stretch, twist) equipment (specific tasks & creative movement) <p>Space Awareness</p> <ul style="list-style-type: none"> directional skills (forwards, backwards, etc.) levels (high, low, etc.) movement in empty spaces <p>Effort</p> <ul style="list-style-type: none"> flow speed direction <p>Relationships</p> <ul style="list-style-type: none"> proper/safe play (equipment & classmates) respect (rules & teacher) sportsmanship & teamwork <p>Safety</p>	<ul style="list-style-type: none"> Movement Walk, jog, run, balance forwards, backwards, sideways, zig-zag, skip gallop, lunge, fast, medium, slow, stretch, jump, land, curl, up, down, high, low, stop, start, bounce, throw, catch Rolls: safety, forward, backward, log Equipment Music, hoops, cargo net, rope, bean bags, balls, jump ropes, steagle, pillo-polo sticks, mats, trapezoids, skip its, scooters, pitch back, Frisbees, balance beam, tunnel, pinnies, cones, hurdles, hippity hops Games Obstacle course, bridges, tag games, musical hoops, hoop balance, ball skills, letters of alphabet, group phrase or word, body balance 	<ul style="list-style-type: none"> teacher observation rubric verbal assessment (lesson closure)