

4th Grade – Physical Education Curriculum

Updated 7/22/2025

2.2.5.MSC.1-7, 2.2.5.PF.1-5, 2.2.5.LF.1-5, 2.3.5.PS.1, 2.3.5.PS.4, 2.3.5.PS.5, 2.3.5.PS.6

- discuss the physical, social and emotional benefits of regular physical activity
- describe and apply the training principles of frequency, intensity, and time (FIT) during physical activity
- explain the impact and effects of using performance enhancing substances
- engage in moderate to vigorous physical activity, including aerobic; monitor physiological responses
- define and compare the roles, rights and responsibilities of various family members, discuss ways that families adjust to changes, and how culture and tradition influence personal and family development
- describe the characteristics of friendship and appropriate ways to show affection and caring
- describe the physical, social and emotional changes occurring as the growth cycle occurs
- utilize safe, efficient and effective movement to develop and maintain a healthy, active lifestyle
- perform movement skills with developmentally appropriate form in both isolated and applied settings
- demonstrate smooth transitions between sequential movement skills used in creative dance, gymnastics routines, and trap-dribble-shoot routines
- demonstrate weight transfer, balance coordination and agility while employing various movement skills
- employ various rhythms, tempos, musical styles, relationships, directions, pathways, speeds and levels during movement, respond to multiple changes in each and modify and adapt movement skills in relation to body parts, other participants, object, and boundaries
- apply a learned skill to another movement setting [e.g., striking skills/ racket skills]
- demonstrate both improvised and choreographed movement sequences such as moving to poetry, or performing a folk dance or aerobic routine
- explain movement concepts such as the fundamental principles of force, motion, base of support, and center of gravity as applied to physical activity
- explain how changing the energy, flow, effort or range of movement skill changes the quality of the movement [e.g., baby steps vs. giant steps]
- give examples of verbal and visual cues used to improve movement skill performance
- define and use skill and activity based vocabulary
- explain and demonstrate the use of simple strategies, including player positioning, faking and dodging and defending space
- discuss the characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer during physical activity
- describe activity-specific rules, explain the importance for the safety and enjoyment of participants, and follow the rules during physical activity
- describe and demonstrate ways to handle and care for equipment safely and responsibly
- describe sports psychology as a variety of mental strategies used to prepare for physical activity
- apply health-related and skill-related fitness concepts and skills

Extended Activities

1. **Ultimate Ball** (Mini Ultimate Frisbee with a Foam Ball) Objective: Improve throwing, catching, teamwork, and spatial awareness. Create two teams that will pass the ball to other teammates to reach the opponent's end zone. Players can't move while holding the

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ball — must pass to advance. If the ball is dropped or intercepted, the other team takes possession. Encourage communication and fair play.

2. **Stations Circuit Challenge** (Cardio & Strength) - Objective: Build endurance, strength, and personal goal setting. Jump rope for 1 minute, plank hold, push-ups, shuttle run, agility ladder and wall sit. Rotate every 2–3 minutes. Optional: track reps and challenge students to improve each week.

Gifted and Talented

1. **Fitness Scavenger Hunt** - Objective: Combine physical activity with problem-solving. To begin, the student leading the game will place clues around the gym or field. Each clue includes a fitness task (e.g., 20 mountain climbers, 10 squats). Students follow the clues in small groups to complete the hunt. The first group to complete all tasks and solve the final puzzle wins!