

<b>Grades 4 &amp; 5 Physical Education Curriculum</b>			
<b>Body Movement Skills</b> -Moving Balance, Stationary Balance, Body Roll, Agility	<b>Locomotor Skills</b> - Walking, Skipping, Gallop	<b>Body Fitness Skills</b> - Flexibility, Strength and Cardio	<b>Object Movement Skills</b> -Catching, throwing, Strike, Underhand Roll
		Throwing and Catching	Throwing and Catching
		Kicking and Striking	Kicking and Striking
Bumping, Setting & Spiking			Bumping, Setting & Spiking
Cooperative Games	Cooperative Games	Cooperative Games	Cooperative Games
Flying Disc			Flying Disc
Net Games		Net Games	Net Games
Parachute	Parachute	Parachute	Parachute
Dance		Dance	Dance
		Dribbling & Hand Eye	Dribbling & Hand Eye
Wiffle Ball with scoops			Wiffle Ball with scoops
Hockey		Hockey	Hockey
		Scooters	Scooters
Jump Rope for Heart	Jump Rope for Heart	Jump Rope for Heart	Jump Rope for Heart
Presidential Fitness	Presidential Fitness	Presidential Fitness	Presidential Fitness
Outdoor Adventure	Outdoor Adventure	Outdoor Adventure	Outdoor Adventure
<b>Standards Met</b>	<b>Standards Met</b>	<b>Standards Met</b>	<b>Standards Met</b>
#1, #2, #3, #5, #6	#1, #3, #4, #5	#1, #3, #4, #5	#1, #2, #3, #4, #5, #6

<b>Standard</b>	<b>Benchmark</b>	<b>'I can' statement (Learning Targets)</b>	<b>Assessment</b>
1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	Students will manipulate objects with accuracy and speed.	I will be able to throw objects with appropriate accuracy and speed.	Performing the 'Strong Arm' theory when playing catch with a partner.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of	Students will use fundamental strategies in modified sports-related games.	I will be able to explain modified movements in different physical activities.	I will have a short quiz on how to kick a ball correctly.

physical activities.			
3. Participates regularly in physical activity.	Students will select and participate regularly in physical activities for the purpose of improving skill and health.	I will be able to explain why it is important to be physically active.	I will have the students run for 10 minutes and see if their time improves from the previous time trial.
4. Achieves and maintains a health-enhancing level of fitness.	Students will assess personal fitness based on valid, reliable fitness test.	I will be able to participate in vigorous physical activity in many different physical activity settings.	I will have the students perform the Presidential Fitness Test to see their fitness level.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.	Students will remain on-task in a group activity without close teacher monitoring.	I will be able to practice a skill within a group for duration of time.	I will assess how the students are working together in a game of four square.
6. Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Students will identify opportunities to be physically active at home, school, and in the community.	I will recognize healthy fitness choices/events outside of school.	I will quiz the students on different physical activities are healthy to participate in outside of school.