

# PE

## Syllabus: Grade 4

### Course Description

The primary objectives of this class are to improve physical fitness, increase knowledge and skills of lifetime sports, and develop awareness of healthy practices. Therefore, the physical education course is designed to provide students at this grade level with the opportunity to develop a variety of manipulative skills that reflect a refined master of ball handling skills, refined development of a variety of perceptual motor skills, and the ability to perform dance and movement routines. This class is designed to meet the physical, mental, and social needs of the whole student.

### Standards

The ministry of education adopted 7 standards for quality physical education learning outcome published by the National Association of Sports and Physical Education and added an eighth to include rules, strategy and safety. The eight standards run throughout the eight grade levels.

### Competency Level

Each competency is a direct reflection of the standard of the curriculum. They are the means for achieving the curriculum standards at each grade level. The competencies are designed to be general enough for flexibility, but specific enough for the teacher to create specific lessons plans.

### Objective

The suggested objectives in the curriculum are written to serve as an example of ways in which objectives can be written. Teachers are free to create their own objective to achieve the desired outcomes of each competency.

### Resources/Books

Ministry of Education Physical Education Curriculum  
Spark PE curriculum resource  
Open Physed. Resources and website  
Fitness gram (physical fitness testing)

### Curriculum Standards:

I: Movement Form

II: Movement Concept

III: Physical Activity

IV: Physical Fitness

V: Responsible Behavior

VI: Respect for Others

### Contact Hours:

Daily (Monday to Friday)

Class length: Daily, 45 min.

### Class Rules

*Students are expected to:*

1. Come to class prepared
2. Give best effort
3. Follow directions
4. Demonstrate good listening skills
5. Follow rules during activities
6. Show good sportsmanship
7. Behave respectfully towards self, others, and PE equipment

### Grading

#### Effort and Behavior & Activity

- 1 - Outstanding
- 2 - Satisfactory
- 3 - Needs Improvement
- 4 - Unsatisfactory

VII: Understanding Challenge

VIII: Decision Making

## Course Requirements

1. **Special Condition** – Students with special conditions that will limit or prohibit them from participation in PE class should have a note form a doctor or a medical form to allow teacher to structure class for participation or to excuse the student.
2. **Absent** – A student that is absent must turn in a valid excuse in order for him/her to receive a make up assignment from PE teacher. If unexcused, student will be given a 1 point and will not be given a make up assignment.
3. **Clothing** – All students are required to attend physical education in their school PE uniform.
4. **Shoes** – Flat rubber soled only (sports shoes) no elevated soles, sandals, or slip-ons.
5. **Jewelry** – Students should remove all jewelries before participation in PE.
6. **Water Bottles** – All students are required to bring water bottle to PE class.

## Content Theme

Gross Motor Development	Emotional & Behavioral Self Regulation	Relationship with others	Cognitive learning
Balance & movement with large muscle	Classroom & activity rules	Positive interaction with other children	Acquire beginning skills of a few specialized movement forms.
Combine movement and coordinate large muscle groups	Classroom routines	Manage self behavior in social setting	Use critical elements of Fundamental movements.
Strength and stamina for range of activities	Control response to management signals	Show enjoyment of playing with others	Demonstrate increased competence in specialized skills.
Body and spatial awareness	Manage behavior based on expectations	Reflect/conversation about past play	Demonstrate understanding of locomotor skills.
Move in relation to object and other children	Wait for a turn	Develop friendship	
Change of directions	Understand consequences of behavior	Take turns	
	Control action and words	Include ideas from others	
	Classroom transition	Reflection/conversation about past and future play	

Sample activities			
Kids Athletics	Swimming	Baseball	Movement & Rhythmic
Volleyball	Basketball	Soccer	lead-up games
Table tennis	Dance	Jump Rope	