

**Department:** Physical Education

**Course Name:** Fourth Grade Physical Education

**Course Description:**

Our students will demonstrate an understanding of the significant role of physical education, fitness, and health play in our personal lives and in society. They will possess the skills necessary to maintain fitness and body control through various physical activities. A major emphasis will be placed on improving the locomotor skills (running, skipping, galloping, sliding, jumping, hopping, walking) and the non-locomotor skills (twisting, turning, pushing, pulling, swinging, swaying, dodging, bending, stretching). Our program is to improve skill acquisition and physical fitness to develop healthy behaviors to promote lifelong wellness.

**Content:**

Locomotor Skills

Toss and catch with and without equipment

Spatial Awareness

Dribbling

Non-Locomotor Skills

Striking with and without equipment

Throwing

Rhythm

Volleying

Floor Hockey

Team Handball

Soccer

Basketball

Bowling

Tennis

Chasing

Fleeing

Dodging

Tagging

**Skills:**

Develop locomotor skills (running, skipping, galloping, sliding, jumping, hopping, walking, leaping)

Toss and catch a variety of shape and size balls

Kick, pass, shoot, and dribble soccer balls

Pass, shoot, and block basketballs, handballs, and hockey pucks

Move with and without music to engage rhythm

Develop non-locomotor skills (twisting, turning, pushing, pulling, swinging, swaying, dodging, bending, stretching)

Develop problem solving skills while learning to collaborate and team build

Move through space while dodging people and objects

Develop offensive and defensive strategy

**Text and Materials:**

Tennis Shoes are required to participate  
Individual refillable water bottle

**Methods of Instruction:**

Individual, partner, and group activities  
Teacher directed instruction

**Methods of Evaluation:**

Teacher Observation

