

## **Physical Education Curriculum Fourth Grade**

<b>Taught</b>	<b>Unit</b>	<b>TEKS/SE and Alignment Objectives</b>
1st Six Weeks	Safety Practices and Procedures	Establish your environment for learning i.e. routine for entering and exiting the gym, class organization, appropriate behavior and consequences for inappropriate behavior, grading policy  4.5A Use equipment safely and properly  4.5 B Select and use proper attire that promotes participation and prevents injury  4.5D Identify potential risks associated with physical activities
	Social Skills	4.2C Make appropriate changes in performance based on feedback  4.6A Distinguish between compliance and noncompliance with rules and regulations  4.6B Analyze potential risks associated with unsafe movement and improper use of equipment

4.7A Follow rules, procedures and etiquette

4.7B Respond to winning and losing with dignity and understandin

4.7C Work independently and stay on task

Social Skills  
(continued)

4.7D Demonstrate effective communication, consideration and respect for the feelings of others during physical activities such as encourage others, allow others equal turns and invite others to

Movement  
Skills and  
Concepts

4.1A Demonstrate changes in speed during straight, curved and zig zag pathways in dynamic situations

4.1C Combine shapes, levels, pathways and locomotor patterns smoothly into repeatable sequences

4.1E Perform sequences that include traveling, showing good body control combined with stationary balances on various body parts

Physical  
Activity &  
Health

4.3B Name the components of health-related fitness such as strength, endurance, and flexibility

4.3C Identify and demonstrate a variety of exercises that promote flexibility

4.3D Improve flexibility in shoulders, trunk and legs

4.3E Participate in activities that develop and maintain muscular strength and endurance

4.3F Identify opportunities for participation in physical activity in the community such as little league and parks

4.4B Participate in moderate to vigorous physical activities on a daily basis

Second Six  
Weeks

Safety  
Practices &  
Procedures

4.5A Use equipment safely and properly

4.5B Select and use proper attire that promotes participation and

4.5D Identify potential risks associated with physical activities

Social Skills

4.2 Make appropriate changes in performance based on feedback

4.6A Distinguish between compliance and noncompliance with rules and regulations.

4.6B Analyze potential risks associated with unsafe movement and improper use of equipment

4.7A Follow rules, procedures and etiquette

4.7B Respond to winning and losing with dignity and

4.7C Work independently and stay on task

4.7D Demonstrate effective communication, consideration and respect for the feelings of others during physical activities such as encourage others, allows others equal turns and invite others to participate

Movement  
Skills and  
Concepts

4.1B Catch and object while traveling such as catch a football pass on the run

4.2A Identify similar movement elements in sports skills such as

4.2D Describe key elements of mature movement patterns of throw for distance or speed such as catch, kick, strike and jump

Second Six  
Weeks  
(continued)

Physical  
Activity &  
Health

4.3A Describe and select physical activities that provide for enjoyment and challenge

4.3C Identify and demonstrate a variety of exercises that promote

4.3D Improve flexibility in shoulders, trunk and legs

4.3E Participate in activities that develop and maintain muscular strength and endurance

4.3F Identify opportunities for participation in physical activity in

4.4A Describe the effects of exercise on heart rate through the use of manual pulse checking or heart rate monitors

4.4B Participate in moderate to vigorous physical activities on a daily basis

Physical  
Activity and  
Health

4.4C Identify methods for measuring cardiovascular endurance, muscular strength and endurance and flexibility

4.4D Identify major groups and the movements they cause

Second Six  
Weeks  
(continued)

4.4E Describe the relationship between food intake and physical activity such as calories consumed and calories expended

4.4F Explain the link between physical activity/inactivity and health such as reduce stress and burn calories

4.4G Explain the relationship between physical activity and stress relief and demonstrate stress relief activities such as brisk walking, gentle stretching and muscle tension and release

4.4H Describe the need for rest and sleep in recovering from exercise

4.4I Identify sources of information on skill improvement, fitness and health such as books and technology

Third and  
Fourth Six  
Weeks

Safety and  
Procedures

4.5A Use equipment safely and properly

4.5B Select and use proper attire that promotes participation and

4.5D Identify potential risks associated with physical activities

4.6A Distinguish between compliance and noncompliance with rules and regulations

4.6B Analyze potential risks associated with unsafe movement and improper use of equipment

Third and  
Fourth Six  
Weeks  
(continued)

Social Skills

4.2 C Make appropriate changes in performance based on feedback

4.7A Follow rules, procedures and etiquette

4.7B Respond to winning and losing with dignity and understanding

4.7C Work independently and stay on task

4.7D Demonstrate effective communication, consideration and respect for the feelings of others during physical activities such as encourage others, allow others equal turns and invite others to participate

Movement  
Skills &  
Concepts

4.1J Travel into and out of a rope turned by others without hesitating

Third and  
Fourth Six  
Weeks  
(continued)

4.1K Demonstrate key elements in manipulative skills such as volleying, hand dribble, foot dribble, punt, striking with body part, racquet or bat

4.2A Identify similar movement elements in sports skills such as underhand throwing and underhand volleyball serving

Physical  
Activity &  
Health

4.4C Identify methods for measuring cardiovascular endurance, muscular strength and endurance and flexibility

4.4D Identify major muscle groups and the movements they cause

Physical  
Activity and  
Health

4.4E Describe the relationship between food intake and physical activity such as calories consumed and calories expended

4.4F Explain the link between physical activity/inactivity and health such as reduce stress and burn calories

4.4 B Participate in moderate to vigorous physical activities on a daily basis

Safety and  
Procedures

4.5A Use equipment safely and properly

Third and  
Fourth Six  
Weeks  
(continued)

4.5B Select and use proper attire that promotes participation and prevents injury

4.5D Identify potential risks associated with physical activities

4.6A Distinguish between compliance and noncompliance with rules and regulations

4.6B Analyze potential risks associated with unsafe movement and improper use of equipment

	Social Skills	4.2 C Make appropriate changes in performance based on feedback
		4.7A Follow rules, procedures and etiquette
		4.7B Respond to winning and losing with dignity and
		4.7C Work independently and stay on task
		4.7D Demonstrate effective communication, consideration and respect for the feelings of others during physical activities such as encourage others, allow others equal turns and invite others to participate
Third and Fourth Six Weeks (continued)	Movement Skills and Concepts	4.2A Identify similar movement elements in sports skills such as underhand throwing and underhand volleyball serving
		4.1G Transfer weight along and over equipment with good body control
		4.2B Identify ways movement concepts such as time, space, effort and relationships can be used to refine movement
	Physical Activity & Health	4.4D Identify major muscle groups and the movements they cause

4.4E Describe the relationship between food intake and physical activity such as calories consumed and calories expended

4.4B Participate in moderate to vigorous physical activities on a daily basis

Fifth Six Weeks  
Safety Practices and  
Procedures

4.5A Use equipment safely and properly

Fifth Six Weeks  
(Continued)

4.5 B Select and use proper attire that promotes participation and

4.5D Identify potential risks associated with physical activities

4.6A Distinguish between compliance and noncompliance with

4.6B Analyze potential risks associated with unsafe movement

Social Skills

4.2C Make appropriate changes in performance based on feedback

4.7A Follow rules, procedures and etiquette

4.7B Respond to winning and losing with dignity and understanding

4.7C Work independently and stay on task

4.7D Demonstrate effective communication, consideration and respect for the feelings of others during physical activities such as encourage others, allow others equal turns and invite others to participate

Fifth Six Weeks Movement  
(Continued) Skills and  
Concepts

4.2A Identify similar movement elements in sports skills such as underhand throwing and underhand volleyball serving

4.1G Transfer weight along and over equipment with good body

4.2B Identify ways movement concepts such as time, space, effort

Physical  
Activity &  
Health

4.4D Identify major muscle groups and the movements they cause

4.4E Describe the relationship between food intake and physical

4.4B Participate in moderate to vigorous physical activities on a daily basis

Safety  
Sixth Six Weeks Practices and  
Procedures

4.5A Use equipment safely and properly

4.5 B Select and use proper attire that promotes participation and

4.5D Identify potential risks associated with physical activities

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Sixth Six  
Weeks  
(Continued)

4.6A Distinguish between compliance and noncompliance with rules and regulations

4.6B Analyze potential risks associated with unsafe movement

Social Skills

4.2C Make appropriate changes in performance based on

4.7A Follow rules, procedures and etiquette

4.7B Respond to winning and losing with dignity and understanding

4.7C Work independently and stay on task

4.7D Demonstrate effective communication, consideration and respect for the feelings of others during physical activities such as encourage others, allow others equal turns and invite others to participate

Movement  
Skills and  
Concepts

4.1D Jump and land for height and distance using key elements for creating and absorbing force such as bending knees, swinging arms and extending

Sixth Six  
Weeks  
(Continued)

4.1F Demonstrate body control in jumping and landing such as land on feet, bend knees and absorb force

4.1H Create a movement sequence with a beginning, middle and end

Physical  
Activity &  
Health

4.11 Perform basic folk dance steps such as grapevine, schottische and step-together-step

4.3F Identify opportunities for participation in physical activity in the community such as little league and parks and recreation

4.4D Identify major muscle groups and the movements they cause

4.4E Describe the relationship between food intake and physical activity such as calories consumed and calories expended

4.4B Participate in moderate to vigorous physical activities on a daily basis