

ASD Academic Plan

Physical Education: 4th Grade

Grade Level: 4th grade	Course Description: This course provides a positive learning environment in which all children can experience a sequentially based and developmentally appropriate physical education program. The concepts of lifelong movement skills and wellness are organized thematically by “strands” and “skill/concepts” within each strand. At each grade level, students build upon skills learned at previous levels.
Length: Year	
Prerequisites: None	
Repeatable for additional credits: N/A	

Year At a Glance

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
Establish Routines/Learning Environment	Rolling/Weight Transfer/ Balance	Outdoor Winter Activities	Dribbling – Hand
Spatial Awareness/Traveling	Jumping & Landing	Volleying	Throwing & Catching
Chasing & Fleeing	Throwing & Catching	Striking	Striking
Dribbling – Feet	Adventure Education/Initiatives	Creative & Sequenced Dance	Kicking & Punting
Kicking & Punting	Native Youth Olympics	Rhythms with Implements	Jumping/Landing/Traveling
Fitness Concept: Cardiovascular	Creative Movement/Dance	Fitness Concept: Strength	Fitness Concepts
Optional – to be determined at each site, as appropriate	Fitness Concept: Flexibility/Coordination/Agility	Optional – to be determined at each site, as appropriate	Optional – to be determined at each site, as appropriate
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**Quarterly Essential Concepts are required to be completed by the end of the term indicated. Weekly pacing may vary due to the equipment, facilities, and/or available community resources.