

Grades 4-6 Physical Education

Grade 4 Physical Education

During each lesson in physical education, students will be expected to learn and exercise. Fourth grade physical education students are exposed to a variety of activities throughout the school year with the main purpose behind all activities being to drive the following big ideas.

By the end of grade four, students will be able to:

○Team Skills

- Develop proper communication skills
- Demonstrate a respect of all individuals regardless of skill level
- Responsibility in carrying out tasks related to the team goal

○Athletic Skills

- Basic passing and receiving within the various activities
- Ability to manipulate an object with upper and lower body within the various activities
- Appropriate and controlled use of sporting equipment within the various activities

○Fitness

- Understand that sports and physical activities provide a health benefit
- Gain exposure to a variety of sports and physical activities in order to encourage long-term participation
- Identify the major components of fitness

