

Page County Public Schools
Curriculum Pacing Guide

Course: PE
Grade Level: 4

Nine-Weeks	Content and Essential Questions	Skills	Suggested Assessments
1st	Skilled Movement PE 4.1 a	The student will refine movement skills and demonstrate the ability to combine them in increasingly complex movement activities. a) Demonstrate proficiency in specialized locomotor, non-locomotor and manipulative skill combinations in game and modified sports activities (e.g. throw to a partner while he/she runs to catch, dribble and pass soccer ball/basketball to a moving receiver, catch thrown objects, continuously strike a ball against a backboard or wall with an implement).	Teacher Observation Follow-up Activities Station Work
	Movement Principles and Concepts PE 4.2 a, b	The student will understand and apply movement concepts and principles in complex motor skills. a) Recall and demonstrate movement principles and concepts for selected motor patterns and combination skills. b) Apply movement principles and concepts to basic game strategies.	Teacher Observation Follow-up Activities
	Personal Fitness PE 4.3 a	The student will correlate regular participation in physical activity with various components of fitness and improvement in fitness and skill development. a) Identify the components of health-related fitness (e.g., cardio respiratory endurance, muscular strength and endurance, flexibility)	Discussions Question-Answer Teacher Observation President's Physical Fitness Test
	Responsible Behavior PE 4.4 a, b, c	The student will demonstrate positive interactions with others in cooperative and competitive physical activities. a) Work productively and be respectful with others in achieving a common group goal. b) Work toward positive solutions in resolving disagreements. c) Demonstrate appropriate etiquette and application of rules and procedures.	Teacher Observation
	Physically Active Lifestyle PE 4.	<ul style="list-style-type: none"> • Identify opportunities to participate in regular physical activities at home, at school, and in the community. 	Discussions Question-Answers

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2 nd	Skilled Movement PE 4.1 a,	The student will refine movement skills and demonstrate the ability to combine them in increasingly complex movement activities. a) Demonstrate proficiency in specialized locomotor, non-locomotor and manipulative skill combinations in game and modified sports activities (e.g. throw to a partner while he/she runs to catch, dribble and pass soccer ball/basketball to a moving receiver, catch thrown objects, continuously strike a ball against a backboard or wall with an implement).	Teacher Observation Follow-up Activities
	Movement Principles and Concepts PE 4.2 a, b, c	The student will understand and apply movement concepts and principles in complex motor skills. a) Recall and demonstrate movement principles and concepts for selected motor patterns and combination skills. b) Apply movement principles and concepts to basic game strategies. c) Use movement principles to improve personal performance and provide feedback to others.	Teacher Observation Follow-up Activities
	Personal Fitness PE 4.3 a, b	The student will correlate regular participation in physical activity with various components of fitness and improvement in fitness and skill development. a) Identify the components of health-related fitness (e.g., cardio respiratory endurance, muscular strength and endurance, flexibility) b) Apply data from a standardized health-related fitness test to improve future test performance.	Discussions Question-Answer Teacher Observation President's Physical Fitness Test
	Responsible Behaviors PE 4.4 a, b, c	The student will demonstrate positive interactions with others in cooperative and competitive physical activities. a) Work productively and be respectful with others in achieving a common group goal. b) Work toward positive solutions in resolving disagreements. c) Demonstrate appropriate etiquette and application of rules and procedures	Discussions Teacher Observation
	Physically Active Lifestyle PE 4.5	<ul style="list-style-type: none"> Identify opportunities to participate in regular physical activities at home, at school, and in the community. 	Discussion Question-Answer
3 rd	Skilled Movement PE 4.1 a	The student will refine movement skills and demonstrate the ability to combine them in increasingly complex movement activities. a) Demonstrate proficiency in specialized locomotor, non-locomotor and manipulative skill combinations in game and modified sports activities (e.g. throw to a partner while he/she runs to	Follow-up Activities Teacher

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		catch, dribble and pass soccer ball/basketball to a moving receiver, catch thrown objects, continuously strike a ball against a backboard or wall with an implement).	Observation
	Movement Principles and Concepts PE 4.2 a, b, c	The student will understand and apply movement concepts and principles in complex motor skills. a) Recall and demonstrate movement principles and concepts for selected motor patterns and combination skills (trajectory, force, speed). b) Apply movement principles and concepts to basic game strategies. c) Use movement principles to improve personal performance and provide feedback to others.	Teacher Observation Follow-up Activities
	Personal Fitness PE 4.3 a, b, c	The student will correlate regular participation in physical activity with various components of fitness and improvement in fitness and skill development. a) Identify the components of health-related fitness (e.g., cardio respiratory endurance, muscular strength and endurance, flexibility, body composition). b) Apply data from a standardized health-related fitness assessment to determine personal fitness goals. c) Apply the Frequency, Intensity, Time, Type (FITT) principle of training to implement personal fitness goals.	Discussions Question-Answer Teacher Observation President's Physical Fitness Test
	Responsible Behaviors PE 4.4 a, b, c, d	The student will demonstrate positive interactions with others in cooperative and competitive physical activities. a) Work productively and be respectful with others in achieving a common group goal. b) Work toward positive solutions in resolving disagreements. c) Demonstrate appropriate etiquette and application of rules and procedures. d) Identify the contributions various cultures have made to sport, dance, and recreational pursuits.	Teacher Observation
	Physically Active Lifestyle PE 4.5	<ul style="list-style-type: none"> Identify opportunities to participate in regular physical activities at home, at school, and in the community. 	Teacher Observation
4 th	Skilled Movement PE 4.1 a	The student will refine movement skills and demonstrate the ability to combine them in increasingly complex movement activities. a) Demonstrate proficiency in specialized locomotor, non-locomotor and manipulative skill combinations in game and modified sports activities (e.g. throw to a partner while he/she runs to catch, dribble and pass soccer ball/basketball to a moving receiver, catch thrown objects, continuously strike a ball against a backboard or wall with an implement).	Teacher Observation Follow-up Activities Station Work
	Movement Principles and Concepts	The student will understand and apply movement concepts and principles in complex motor skills. a) Recall and demonstrate movement principles and concepts for selected motor patterns and	Teacher Observation Follow-up

Nine-Weeks	Content and Essential Questions	Skills	Suggested Assessments
	PE 4.2 a, b, c	combination skills (trajectory, force, speed). b) Apply movement principles and concepts to basic game strategies. c) Use movement principles to improve personal performance and provide feedback to others.	Activities
	Personal Fitness PE 4.3 a, c	The student will correlate regular participation in physical activity with various components of fitness and improvement in fitness and skill development. a) Identify the components of health-related fitness (e.g., cardio respiratory endurance, muscular strength and endurance, flexibility) c) Identify the components of health-related fitness (e.g., cardio respiratory endurance, muscular strength and endurance, flexibility, body composition).	Discussions Question-Answer Teacher Observation President's Physical Fitness Test
	Responsible Behaviors PE 4.4 a, b, c,	The student will demonstrate positive interactions with others in cooperative and competitive physical activities. a) Work productively and be respectful with others in achieving a common group goal. b) Work toward positive solutions in resolving disagreements. c) Demonstrate appropriate etiquette and application of rules and procedures	Teacher Observation
	Physically Active Lifestyle PE 4.5	<ul style="list-style-type: none"> Identify opportunities to participate in regular physical activities at home, at school, and in the community. 	Discussion Question- Answer