

**Board Approval Date: June, 2011**

**Course Title: Grades 4, 5 Health and Physical Education**

**Credit / Hours: 45 hours**

**Course Description:**

This course focuses on the mastery of the PA Academic Standards for the Health, Safety and Physical Education. As students progress through this course they will participate in a program designed to teach awareness of the effects of exercise as it enhances human growth and development and the development of motor skills from a baby to adult. The 4<sup>th</sup>/5<sup>th</sup> grade program focuses on fitness development, motor skill development and team building/leadership skills. The 4<sup>th</sup> grade year initiates the stage of developmental awareness and the expectations of growing up physically, socially and emotionally. The 5<sup>th</sup> grade year expands each child's self-awareness of the maturation process and intensifies the motor skill and physical fitness challenges.

The curriculum will continue to provide a challenging yet nurturing environment that is risk free. Students will seek to find and strive to increase their physical limits. Students will examine the characteristics of strong leadership and team building.

By the conclusion of the 5<sup>th</sup> year, students will have gained an awareness of their own growth and development process as affected by practice, motor skill repetitions and increased athletic challenges.

All students at all times are expected to show care and concern for other students by including them in all activities.

**Learning Activities / Modes of Assessment:**

Large group instruction	Self evaluation
Individual Instruction	Teacher direct feedback
Small group instruction	Peer teaching
Partner work	Student / Teacher demonstrations
Practice / exercises	Teacher Observation
Problem solving	Physical Challenges

## **Instructional Resources:**

*Dynamic Physical Education for Elementary Children:* Victor Dauer, Robert Pangrazi

*Team Building Through Physical Challenges:* Donald Glover, Daniel Midura

*Teaching Children Physical Education, Becoming a Master Teacher:*  
George Graham

*Health Related Physical Fitness:* Dr. Clayre Petray

*Cooperative Sports and Games Book:* Terry Orlick

*Health Related Fitness for Grades 5 & 6:* Chris Hopper, Bruce Fisher, Kathy Munoz

*Movement Education:* Rudy Benton

*A Teacher's Guide to Including Children with Disabilities:* Martin Block  
Posters

Computers and Internet

## Course Pacing Guide

Course: **Grades 4, 5 Health and Physical Education**

<b>Course Unit (Topic)</b>	<b>Length of Instruction (Days/Periods)</b>
1. Fitness	12 periods
2. Playground Orientation	8 periods
3. Basketball	12 periods
4. Indoor Soccer	12 periods
5. Indoor Hockey	12 periods
6. Throwing / Catching Games & Activities	12 periods
7. Cooperative Games & Activities	22 periods
Total periods available per student per year	90 periods