

Course Description:

Physical Education 4 (2 of 2) combines foundational movements and motor skills to combine elements of jumping, landing, traveling, and balancing to create and perform a gymnastics sequence. Topics include manipulative skills needed in baseball (throwing, catching, and batting) and in field hockey and soccer (passing, dribbling, and scoring), elements of folk and partner dances, as well as offense and defense strategies, good sportsmanship, hydration, analyzing fitness assessment results, and the benefits of exercise.

Course Objectives:

- Apply methods to protect your body from the sun and the importance of sun protection.
- Combine a variety of safe dance movements, including moves for a folk dance and partner dance.
- Complete a fitness post-assessment, find and check target heart rate using a variety of methods, and analyze the results.
- Describe the benefits of participating in and mastering challenging physical activity, including stress relief and personal enjoyment.
- Explain basic concepts of nutrition, including serving size, food groups, and the relationship between food intake and physical activity.
- Identify the risks of wrong movement and equipment use.
- Identify ways to be safe near the water.
- Learn the importance of hydration and its relation to physical activity.
- Pass, kick, receive, and dribble a ball using the inside, outside, and shoelaces of your feet while on the move and changing speed and direction.
- Perform different types of kicks (in the air, punt, pass) and use defensive strategies, such as closing space, in a game.
- Practice and describe good sportsmanship by maintaining positive interactions with a partner or in group settings, celebrating success with grace, and following the rules of a game.
- Select activities that can help you improve in different areas of fitness and performance, based on fitness assessment results.
- Show and describe muscular tension, alignment, transfer weight, and rolling in different directions and shapes in gymnastics.
- Throw and catch a small ball from different distances and in different ways while running.
- Use a long-handled implement on the ground to strike a still or moving object with force and direction, and dribble at different speeds.
- Utilize a variety of gymnastics skills, such as balance, tension, takeoffs, and landings, combined with body control and weight transfer to learn a gymnastics sequence.

Required Materials:

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- baseball (or similar ball)
- baseball bat or wiffleball bat
- baseball glove
- basketball (or medium-sized ball)
- batting tee or tall cone
- calculator

- cones (10) (or something to mark a spot or use as a goal)
- gymnastics mat or soft surface
- hockey stick (or other long-handled implement, such as a broom)
- hula hoops (3) (or something similar to mark a circle)
- low balance beam (or masking tape)
- music
- printed Heart Strength Journal worksheet
- printed Snack Survey Graphic Organizer worksheet
- printed Fitness Post-Assessment worksheet
- printer and printer paper for printables (see Course Syllabus for link)
- puck or small ball
- soccer ball (or medium-sized ball)
- sunscreen
- tape (masking tape or other visible tape)
- target (or something you can throw at if you don't have a partner)
- video recording device
- watch or timer

Optional:

- heart rate monitoring device
- measuring tape
- printed Project Checklist: Heart Strength (optional)
- printed Practice Dribbling with Equipment (optional)
- printed Project Rubric: Snack Survey (optional)

Course Overview:

This course is made up of six units. Each unit has three lessons. Lessons are made up of activities that include these types of learning:

- Warm-Ups allow for practice of skills or concepts taught in previous lessons. These are graded activities.
- Instruction activities provide modeling of new skills and concepts. These are not graded activities.
- Practice activities allow for practice of a skill without support. These are graded activities.
- Checkpoints test mastery of skills from lessons. These are graded activities.
- Projects provide an opportunity for practice of more complex skills across several activities or lessons within a unit. These activities require a final graded submission.