

Course Description:

Physical Education 4 (1 of 2) promotes well-being through physical activity and includes practice skills used in sports like basketball and volleyball. Sport and game topics include moving and balancing the body; catching, throwing, dribbling, volleying, and striking; combining actions to play complex games; carrying out simple offensive strategies; and game experiences with peers. Personal fitness topics include setting fitness goals and developing routines with skills such as running and jumping rope.

Course Objectives:

- Accept feedback from others in respectful ways.
- Carry out simple offensive strategies in games and sports.
- Demonstrate many different ways to move and balance the body.
- Describe and use a variety of concepts and strategies related to movement.
- Engage in physical activity safely and independently, using proper equipment.
- Explain fitness terms and concepts and the meaning of physical fitness.
- Follow rules while practicing and playing, both independently and with others.
- Include peers with a variety of skill levels and abilities and describe why this is valuable.
- Praise others and explain why encouragement is important.
- Respond to others with respect during games and practice settings.
- Use a variety of controlled skills involving hands, feet, sports equipment, and other body parts to participate in physical activities.
- Use fitness concepts to stay healthy and keep active.
- Use physical skills in combination with movement sequences to play complex sports and games.
- Use purposeful sequences of movements to participate in complex physical activities.

Required Materials:

Required:

- badminton
- balance board
- balloon
- balloon, beach ball, or volleyball
- basketball
- bean bag
- birdie
- blanket
- bucket or laundry basket
- click and print: bounce and catch game Instructions
- dumbbell (light weight: 1-3 lbs/pounds)
- encouragement list
- fitness assessment
- hula hoops
- jump rope
- kickball or other large bouncy ball
- low balance beam

- low hurdle, or other rectangle object to jump over
- marker
- masking tape
- mat
- measuring tape
- medium-sized ball (plastic, rubber, foam)
- my fitness favorites log
- my fitness schedule
- nonslip rubber floor dots to stand on
- paddle or short-handled racket
- paper
- pencil
- plastic cones
- play offense instructions
- pool noodle
- racket
- ruler
- sports ball (such as a soccer ball)
- sturdy chair or box
- tennis balls
- timer
- weighted ball (light weight: 1-3 lbs/pounds)
- yoga block

Optional:

- whistle

Course Overview:

This course is made up of six units. Each unit has five lessons. Lesson are made of up activities that include the following types of learning:

- **Warm-Ups** allow for the practicing of skills and 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 the 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.