Physical Education

Fourth Grade

Requirements: California P.E. standards for grades 1-6 require a minimum of 200 minutes each 10 days of Physical Education. This includes physical activity, understanding games and rules, personal hygiene, nutritious food choice and healthy living choices.

Background:

Fourth graders are beginning to develop better eye-hand coordination and fine motor activities are becoming more skilled. They are able to play and create games independently. They are likely to challenge the rules of a game and how they are applied. Their ability to achieve whole body balance and manipulate small objects is a challenge.

Movement Skills: Students will begin to use space and distance appropriately as they progress towards accuracy of throwing, catching, manipulating body in space, and striking. They should be learning how the amount of force affects the object. Rhythmic activities that relate to science and social studies should be explored, such as dances that relate to specific global regions. Students also learn that there are many ways to practice. They should begin to apply daily physical fitness activities to their life skills. Students should know that physical exercise conditions the heart, lungs and muscles. They learn the importance of nutrition, endurance training, and strength all as components of a healthy and fit lifestyle.

Objectives:

- Students will be able to:
- Recognize the importance of nutrition to maintain health.
- Realize that good hygiene is important in maintaining a healthy body.
- Describe and apply healthy benefits that result from regular participation in physical activity.
- Make good healthy choices when given free time.
- Consistently practice good hygiene.
- Maintain continuous aerobic activity for a specified period of time.
- Dribble a ball with hands or feet while moving within a group.
- Jump and land for height and distance.
- Recognize and appropriately apply fundamental strategies in simple games.
- Learn a sequence of movements that combine a complex skill pattern.