

4<sup>th</sup> Grade Physical Education

2012- - 2013

Nine Week Period	Content Topics	CCRS	TEKS	TEKS Elaboration	Resources	Notes
Throughout the Year	Safety & Rules		5a 5b 5d 6a	(A) use equipment safely and properly; (B) select and use proper attire that promotes participation and prevents injury; (D) identify potential risks associated with physical activities. (A) distinguish between compliance and noncompliance with rules and regulations;		
Throughout the Year	Health & Nutrition		3b 4a 4d 4e 4f 4g 4h 4i	(A) describe and select physical activities that provide for enjoyment and challenge; (A) describe the effects of exercise on heart rate through the use of manual pulse checking or heart rate monitors; (D) identify major muscle groups and the movements they cause; (E) describe the relationship between food intake and physical activity such as calories consumed and calories expended; (F) explain the link between physical activity/inactivity and health such as reduce stress and burn calories; (G) explain the relationship between physical activity and stress relief and demonstrate stress relief activities such as brisk walking, gentle stretching, and muscle tension and release; (H) describe the need for rest and sleep in recovering from exercise; and (I) identify sources of information on skill improvement, fitness, and health such as books and technology.		
Throughout the Year	Social Development		2c 3c 3d 6a 6b	(C) make appropriate changes in performance based on feedback (C) identify and demonstrate a variety of exercises that promote flexibility; (D) improve flexibility in shoulders, trunk, and legs; (A) distinguish between compliance and noncompliance with rules and regulations; and (B) analyze potential risks associated with unsafe movement and improper use of equipment.		

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			7a 7b 7c 7d	(A) follow rules, procedures, and etiquette; (B) respond to winning and losing with dignity and understanding; (C) work independently and stay on task; and (D) demonstrate effective communication, consideration and respect for the feelings of others during physical activities such as encourage others, allow others equal turns, and invite others to participate.		
1 <sup>st</sup> Nine Weeks	Movement (2 weeks)		1a 1b 1f 2b	(A) demonstrate changes in speed during straight, curved, and zig zag pathways in dynamic situations; (B) catch an object while traveling such as catch a football pass on the run; (F) demonstrate body control in jumping and landing such as land on feet, bend knees, and absorb force; (B) identify ways movement concepts such as time, space, effort, and relationships can be used to refine movement skills		
1 <sup>st</sup> Nine Weeks	Field Sports 1 <sup>st</sup> Semester ( 3-4 weeks)		1b 1d 1f 1k 2a 2c 2d	(A) demonstrate changes in speed during straight, curved, and zig zag pathways in dynamic situations; (B) catch an object while traveling such as catch a football pass on the run; (F) demonstrate body control in jumping and landing such as land on feet, bend knees, and absorb force; (K) demonstrate key elements in manipulative skills such as volleying, hand dribble, foot dribble, punt, striking with body part, racquet, or bat (A) identify similar movement elements in sports skills such as underhand throwing and underhand volleyball serving; (C) make appropriate changes in performance based on feedback; and (D) describe key elements of mature movement patterns of throw		

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				for distance or speed such as catch, kick, strike, and jump.		
2 <sup>nd</sup> Nine Weeks	Cooperative Movement (Dance) ( 3-4 weeks)		1c 1e 1h 1i 1j	(C) combine shapes, levels, pathways, and locomotor patterns smoothly into repeatable sequences; (E) perform sequences that include traveling, showing good body control combined with stationary balances on various body parts; (H) create a movement sequence with a beginning, middle, and end; (I) perform basic folk dance steps such as grapevine, schottische, and step-together-step; (J) travel into and out of a rope turned by others without hesitating;		
2 <sup>nd</sup> Nine Weeks	Court Sports – 1 <sup>st</sup> Semester ( 3-4 weeks)		1f 1k 2a 2d	(F) demonstrate body control in jumping and landing such as land on feet, bend knees, and absorb force; (K) demonstrate key elements in manipulative skills such as volleying, hand dribble, foot dribble, punt, striking with body part, racquet, or bat. (A) identify similar movement elements in sports skills such as underhand throwing and underhand volleyball serving; (D) describe key elements of mature movement patterns of throw for distance or speed such as catch, kick, strike, and jump.		
3 <sup>rd</sup> Nine Weeks	Cardio Fitness (Fitnessgram) (6 weeks)		3e 4b 4c	(E) participate in activities that develop and maintain muscular strength and endurance; (B) participate in moderate to vigorous physical activities on a daily basis; (C) identify methods for measuring cardiovascular endurance, muscular strength and endurance, and flexibility;		
3 <sup>rd</sup> Nine Weeks	Field Sports – 2 <sup>nd</sup> Semester ( 3-4 weeks)		1b 1d 1f	(A) demonstrate changes in speed during straight, curved, and zig zag pathways in dynamic situations; (B) catch an object while traveling such as catch a football pass on the run; (F) demonstrate body control in jumping and landing such as land		

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			1k 2a 2c 2d	on feet, bend knees, and absorb force; (K) demonstrate key elements in manipulative skills such as volleying, hand dribble, foot dribble, punt, striking with body part, racquet, or bat (A) identify similar movement elements in sports skills such as underhand throwing and underhand volleyball serving; (C) make appropriate changes in performance based on feedback; and (D) describe key elements of mature movement patterns of throw for distance or speed such as catch, kick, strike, and jump.		
4 <sup>th</sup> Nine Weeks	Court Sports 2 <sup>nd</sup> Semester ( 3-4 weeks)		1f 1k 2a 2d	(F) demonstrate body control in jumping and landing such as land on feet, bend knees, and absorb force; (K) demonstrate key elements in manipulative skills such as volleying, hand dribble, foot dribble, punt, striking with body part, racquet, or bat. (A) identify similar movement elements in sports skills such as underhand throwing and underhand volleyball serving; (D) describe key elements of mature movement patterns of throw for distance or speed such as catch, kick, strike, and jump.		
4 <sup>th</sup> Nine Weeks	<u>Leisure Sports</u> (6 weeks)		1g 3a 3f 4g 5c	(G) transfer weight along and over equipment with good body control; (A) describe and select physical activities that provide for enjoyment and challenge; (F) identify opportunities for participation in physical activity in the community such as little league and parks and recreation. (G) explain the relationship between physical activity and stress relief and demonstrate stress relief activities such as brisk walking, gentle stretching, and muscle tension and release; (C) describe and apply safety precautions when cycling and skating;		