

**Grade Level** 4th Grade

<b>Quarter</b>	<b>Content</b>	<b>Skills</b>
<b>1st</b>	Fitness/cardiovascular	<ol style="list-style-type: none"><li>1. Learning to keep running pace</li><li>2. knowing different types of cardiovascular exercise</li><li>3. Taking their own pulse</li><li>4. Knowing how to use a Heart Rate Monitor</li><li>5. Learning what cardiovascular exercise does to the body</li><li>6. Knowing benefits of cardiovascular exercise</li><li>7. Running the mile</li></ol>
	Soccer	<ol style="list-style-type: none"><li>1. Performing inside of foot dribble</li><li>2. Performing outside of foot dribble</li><li>3. Performing instep dribble</li><li>4. Stationary Passing inside of foot</li><li>5. Passing while moving using the inside of the foot</li><li>6. Inside of foot Trap</li><li>8. Performing inside of foot kick</li><li>9. Performing instep of foot kick</li></ol>

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<b>Quarter</b>	<b>Content</b>	<b>Skills</b>
		<ol style="list-style-type: none"><li>10. Knowing basic game rules</li><li>11. Knowing basic strategy of a goal keeper</li><li>12. Knowing basic strategy of other positions</li><li>13. Knowing basic strategy of the game of soccer</li></ol>
		<ol style="list-style-type: none"><li>14. Performing the punt</li></ol>
		<ol style="list-style-type: none"><li>15. Understanding teamwork within the game of soccer</li></ol>
	Movement Awareness	<ol style="list-style-type: none"><li>1. Locomotor Skills</li><li>2. Non Locomotor Skills</li></ol>
	Flag Football	<ol style="list-style-type: none"><li>1. pulling flags</li><li>2. dodging</li><li>3. Catching</li><li>4. Performing Underhand Laterals</li><li>5. Performing Overhand Forward Pass</li><li>6. Executing handoffs</li><li>7. Performing a center quarterback exchange</li><li>8. Running Routes</li><li>9. Performing place kicks</li><li>10. Performing Punts</li><li>11. Understanding basic strategies and positions for flag football</li><li>12. Understanding defensive concepts</li></ol>
2nd	Volleyball	<ol style="list-style-type: none"><li>1. Performing catching</li><li>2. Performing a volley</li><li>3. Performing a bump</li><li>4. Performing a set</li><li>5. Performing underhand serve</li><li>6. Performing overhand serves</li><li>7. Learning volleyball rotations</li><li>8. Learning volleyball game strategies</li></ol>
	Fitness/Balances	<ol style="list-style-type: none"><li>1. Performing various body balances</li></ol>

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		2. Performing bridges
	Scooters	1. Performing individual scooter activities 2. Performing partner scooter activities 3. Performing team scooter activities
	Basketball	1. Dribbling 2. Performing chest pass 3. Performing bounce pass 4. Performing Overhead Pass 5. Shooting 6. Learning basketball strategies 7. Performing teamwork activities
	Floor Hockey	1. Learning safety rules 2. Performing stick handling 3. Dribbling 4. Carrying 5. Passing 6. Shooting 7. Performing the wrist shot 8. Learning Goal tending skills 9. Learning hockey strategies 10. Performing teamwork activities
	Adventure Education	1. Climbing Traverse Wall 2. Climbing Rope 3. Climbing Cargo Net
	Roller Skating	1. Learning Safety Rules 2. Learning how to stand 3. Learning Proper way to fall 4. Performing a T Stop 5. Performing forward skating 6. Performing a turn 7. Performing a crossover turn 8. Performing backwards skating 9. Playing Roller Hockey
	Tumbling	1. Performing Log Roll 2. Performing Egg Roll 3. Performing Front Roll 4. Performing Back Roll 5. Performing Cart Wheel

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3rd	Dance	6. Performing Round Off 7. Jumping and balancing group activities Understanding tempo and pace Performing basic rhythm movements Performing Dance Steps
	Hand/Eye Coordination	Juggling Stacking cups
	Fitness/ strength	1. Performing Push-ups 2. Performing Crunches 3. Performing Ab roll-outs 4. Performing Pull-ups 5. Performing squats 6. Performing Lunges 7. Performing total body workouts using a body bar 8. Performing total body workout using resistant bands 9. Evaluating push-up strength 10. Evaluating Pull-ups 11. Evaluating Abdominal strength
	Fitness/ Agility	1. Performing Ladder 2. Run 3. Performing line hops 4. Hopping cones 5. Starting and stopping drills 6. Performing the dot drill 7. Shuttle run
	Bowling	1. Learning safety rules and procedure 2. Learning the proper way to hold a ball 3. Performing the proper roll 4. Performing the four step approach 5. Aiming 6. Learning how to score 7. Knowing bowling rules and etiquette
	Team Building	1. Performing Trust building exercises 2. Parachutes 3. Cooperation activities
	Fitness/cardiovascular	Jumping Rope Performing partner jump rope activities

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		Performing long rope activities Performing step aerobics Jogging Introducing Tai Bow Performing Boot camp aerobics Evaluating Step Test Evaluating Pacer Test
	Indoor Racquet Sports	Badminton Pickle Ball
4th	Softball	Catching with glove Throwing underhand Throwing overhand Catching fly balls Catching ground balls Batting off a tee Batting from a live pitcher Running bases Understanding rules and strategies of softball
	Track and field	Performing handoffs Performing sprints Performing team relays Performing long distance running running the mile evaluating long jump running 50 meter dash evaluating high jump evaluating softball throw
	Tennis	1. Performing forehand 2. Performing underhand serve 3. Performing overhand serve 4. Performing backhand

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		5. Learning to volley
	Fitness Games	1. Performing Frisbee Golf 2. Performing Lacrosse 3. Performing Lasso golf
	Golf	1. Safety rules and procedures 2. putting 3. performing golf swinging 4. chipping