



Sparta Area School District

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Course Outcome Summary

Course Information: **PE Grade 4 & 5**

Description: This course is about students refining ball skills and fitness related tasks in sequences and small sided activities while demonstrating safe, respectful and responsible behaviors during active participation.

Instruction Level: Grade 4/5

Course Standards:

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Units

1. **Trimester One:** Cooperative Movement with a Purpose
2. **Trimester Two:** Moving to keep the beat
3. **Trimester Three:** Games and Skills

Unit Outlines

1. **Trimester One: Cooperative Movement with a Purpose**

Standards: *All standards are taught in each unit.

Essential Question:

Students will be able to answer the question(s):

- What activities can you participate in outside of class to increase your active lifestyle?

- Why should we follow a set of rules and practice them daily?
- What are my strengths and my weaknesses?
- What test scores do you need to achieve the healthy fitness zone for your age level?

Essential Knowledge:

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Tumbling Vocabulary: Locomotor, Non-Locomotor, Balances , Movement skills, Sequencing, Transfer of weight
- Cooperative Vocabulary: Body language, Eye Contact, Taking turns, Listening, Talking nice, Use of first names
- Fitness & Goal Setting: Cardiovascular Endurance, Flexibility, Muscular Strength and Endurance, Pacing, Speed, Goal Setting,
- Playground Games: Conflict Resolution, Rock Paper Scissors, Rules to specific games

Year 1:

Conflict Resolution in playground games, Fitness pre-test and recognizing Healthy fitness zone, Cooperative games (Video Assignment), Tumbling skills and routine (6 items)

Year 2:

Playground Games and Rules, Fitness Pre-test and goal setting, New Cooperative Games (paragraph assignment); Tumbling Skills and routines (10 items)

2. Trimester Two: Moving to keep the beat!

Standards: *All standards are taught in each unit.

Essential Question:

Students will be able to answer the question(s):

- What are some ways that we can solve problems safely?
- If an activity is easy for you how can you make it more challenging for yourself?
- Where on your body can you monitor your heart rate?

Essential Knowledge:

- Passing and Throwing: Chest pass, Bounce Pass, Overhead Pass, Baseball pass
- Rhythms: Long Jump Rope, Short Jump Rope Tricks, Showers, Columns and Cascade Juggling Patterns, Socials Dances such as Cha Cha slide, Cupid Shuffle, Bunny Hop, etc.
- Health Concepts: Heart Rate, Carotid Artery, Radial Artery, Warm-up, Cool-Down, Activity Period

Year 1:

Gearing up for Skating, 4 step approach and release in bowling, Juggling 2 scarves/3 patterns, Basic Trick jump rope skills, Partner jump rope skills.

Year 2:

Roller skating - moving forward, backward, and stopping; 4 step approach, release, and aim, Juggling 3 scarves/3 patterns; Intermediate and advanced single jump rope tricks; long jump rope skills.

3. Trimester Three: Games and skills

Standards: *All standards are taught in each unit.

Essential Question:

Students will be able to answer the question(s):

- What are the important things to remember when playing offense and defense in invasion games, net games, and run scoring games?
- What activities will help improve each area of fitness?
- How would you change the position of an implement or your body to increase your chances of winning in a game?

Essential Knowledge:

- Offense and Defense Games: Offense, Defense, Defensive Position, Getting Open, Types of Throws/Passes, Force, playing as a team, scoring in Offense/Defense Games.
- Striking with different body parts and equipment (setting, passing, serving, forehand, backhand)
- Health related components: Cardiovascular test – Pacer; Muscular Strength and endurance – curl-up, push-up, trunk lift; Flexibility – Back Saver Sit and Reach
- Muscles – Main Muscles as they relate to the fitness tests (5th) and Skeletal system (4th)

Year 1:

Climbing and tumbling apparatus realizing success and area of improvement; Run/Scoring Games and strategies; Net Games with rackets and skills used serving, volleying, forehand, and backhand; Fitness Post Test - recognizing what areas need improvement. Target games and underhand toss/push motion

Year 2:

Climbing and Tumbling - make a plan and accomplish my goal (tic tac toe), Invasions Games and strategies (Basketball/Team Handball, etc), Volleyball rotation and skills; Fitness post-test - What can I do to help my weaknesses, Recreational Games and Rules of how to play.