

Select a Course:	PE Health Grade 4
Teacher:	CORE PE Health Grade 4
Course:	PE Health Grade 4
Year:	2016-17
Months:	- All -

August

Enduring Understandings ✕ Essential Questions ✕ Standards ✕ Knowledge & Skills ✕ Academic Language ✕

September

Motor Skills

Enduring Understandings ✕ Essential Questions ✕ Standards ✕ Knowledge & Skills ✕ Academic Language ✕

<p>Enduring Understandings</p> <p>Students will understand the components needed to complete a catch in order to apply these skills throughout a variety of activities.</p>	<p>Essential Questions</p> <ol style="list-style-type: none"> 1. What games do you know that involve throwing and catching? 2. What team sports are catching skills needed for? 3. Why is the proper catching technique important? 	<p>Standards</p> <p>NASPE.1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <p>NASPE.2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p> <p>G.19 - Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.</p>	<p>Knowledge & Skills</p> <p>SHAPE:</p> <p>Students will know and be able to:</p> <p>Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <p>Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p>	<p>Academic Language</p> <p>TIER 1</p> <ol style="list-style-type: none"> 1. Run 2. Slide 3. Gallop 4. Hop 5. Catch 6. Balance 7. Roll 8. Toss 9. Fast 10. Slow 11. Hard 12. Soft 13. Jump 14. Forward 15. Backward 16. Over 17. Under 18. High 19. Low 20. Skip 21. Bounce 22. Swing 23. Strike 24. Hit 25. Throw 26. Jog 27. Leap 28. Strong 29. Weak 30. Speed 31. Reach 32. Safety <p>TIER 2</p> <ol style="list-style-type: none"> 1. Share 2. Follow 3. Describe 4. Repeat 5. Direction 6. Demonstrate 7. Describe
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October	Enduring Understandings ✕	Essential Questions ✕	Standards ✕	Knowledge & Skills ✕	Academic Language ✕	
November	Enduring Understandings ✕	Essential Questions ✕	Standards ✕	Knowledge & Skills ✕	Academic Language ✕	
December	<p> Wellness</p> <p>Enduring Understandings ✕ Essential Questions ✕ Standards ✕ Knowledge & Skills ✕ Academic Language ✕</p>					
	<p></p> <p>Students will understand that they can make healthy and unhealthy choices.</p> <p>Students will understand that you can build muscular strength, endurance, flexibility, aerobic capacity.</p> <p>What are some short-term and long-term realistic goals that I can set for myself to improve my health?</p>	<p></p> <p>1. What are some other activities/tasks/exercises that will improve the overall wellness? 2. What does it mean for me to be fit? 3. How can I challenge myself to continually improve my health?</p>	<p>NASPE.3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p> <p>NASPE.5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p> <p>G.20 - Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p>		<p></p> <p>TIER 1</p> <ul style="list-style-type: none"> 1. Muscles 2. Heart 3. Brain 4. Bones 5. Lungs 6. Stomach 7. Fruit 8. Vegetables 9. Meat 10. Dairy 11. Water 12. Bread 	

						<p>TIER 2</p> <ol style="list-style-type: none"> 1. Explain 2. Summarize 3. Describe 4. Compare 5. Contrast 6. Evaluate 7. Interpret 8. Analyze <p>TIER 3</p> <ol style="list-style-type: none"> 1. Health Related Fitness 2. Aerobic Capacity 3. Muscular Strength 4. Muscular Endurance 5. Flexibility 6. BMI 7. Heart Rate 8. Pulse 9. BPM 10. Protein 11. Carbohydrates 12. Minerals 13. Vitamins 14. Circulatory System 15. Respiratory System 16. Digestive System
January	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
February	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
March	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
April	<p>🏠 Social Behavior</p> <p>Enduring Understandings ✕ Essential Questions ✕ Standards ✕ Knowledge & Skills ✕ Academic Language ✕</p>					
	<p>🏠</p> <p>Personal choices impact current and long term outcomes on individuals, family and society.</p> <p>Through understanding other's perspectives, circumstances, and experiences, I will show empathy for others</p>	<p>🏠</p> <ol style="list-style-type: none"> 1. What influences my behaviors and decisions? 2. What can I do to prevent and resolve conflict? 3. How can communication enhance my personal health and develop positive relationships? 	<p>NASPE.4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p>G.21 - Develop skills necessary to become a successful member of a team by working with others during physical activity.</p>			<p>🏠</p> <p>TIER 1</p> <ol style="list-style-type: none"> 1. Talk 2. Listen 3. Behavior 4. Expectations 5. Rules 6. Safety 7. Responsible 8. Attitude 9. Motivation 10. Compromise

	I will develop and maintain healthy relationships with peers and adults					<ul style="list-style-type: none"> 11. Integrity 12. Character 13. Encouragement 14. Community 15. Resolution 16. Relationships 17. Respect 18. Acceptance 19. Choice 20. Example 21. Procedure <p>TIER 2</p> <ul style="list-style-type: none"> 1. Communicate 2. Discuss 3. Prepare 4. Cooperate <p>TIER 3</p> <ul style="list-style-type: none"> 1. Teamwork 2. Strategize 3. Sportsmanship
May	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
June	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
July	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕