



Highcroft Drive Elementary School Physical Education 2005-2006 Fourth Grade Pacing Guide



First Quarter (* Major Assessment)

Establish learning environment

Hand Dribble
(4.3.1)

Basketball Passing
(4.3.1)

Basketball lead-up games
(4.3.1)

*Demonstrate all of the essential elements of passing in a lead-up game situation.
(4.3.1)

Volleyball skills
(4.3.2)

*Demonstrate and verbalize 2-3 of the essential elements of volleying skills necessary for participation.
(4.3.2)

Second Quarter (* Major Assessment)

Fitness Testing (4.1.1), (4.1.2)

*Complete all of the components of a health related fitness assessment.
(4.1.1)

*Name the benefits derived from participation in a quality physical fitness program. (4.1.2)

Throwing and catching (4.3.1)

*Demonstrate and verbalize all of the essential elements of catching and throwing in a lead-up game situation.
(4.3.1)

Weight transfer, balance and traveling
(4.3.3)

*Demonstrate a sequence of 4-5 skills demonstrating control in traveling, weight transfer and balancing activities.
(4.3.3)

Third Quarter (* Major Assessment)

Jump rope/jump bands
(4.2.1)

*Work cooperatively and productively with a partner or small group to demonstrate a movement sequence while manipulating objects.
(4.2.1)

Participate in Jump Rope For Heart

Folk/Aerobic/International and Square Dancing. (4.3.3)

* Demonstrate various age appropriate Dances. (4.3.3)

Hockey stick handling
(4.3.1)

Fourth Quarter (* Major Assessment)

Striking with paddles/racquets
(4.3.1)

*Demonstrate and verbalize all of the essential elements of striking with a racquet or paddle in a lead-up game situation.
(4.3.1).

Kicking
(4.3.1)

*Demonstrate and verbalize all of the essential elements of kicking in a lead-up game situation.
(4.3.1)

Chasing and Fleeing games

Participate in Field Day

Ongoing

Work cooperatively and productively with a partner. (4.2.1)
Use critical elements to help others improve a motor sequence. (4.4.1)
Apply critical elements to improve personal performances. (4.4.2)