

# 4th Grade American Online School

## PHYSICAL EDUCATION CURRICULUM

### Building Coordination, Strength, and Sportsmanship



Version May/2025

## 1. Introduction

---

### The Role of Physical Education in 4th Grade

The 4th Grade Physical Education curriculum helps students refine their motor skills, improve endurance, and develop confidence in various sports and fitness settings. Through structured games, endurance activities, and skill-building routines, students learn to move with purpose, cooperate with peers, and reflect on their personal growth as active and healthy individuals.

By the end of this course, students will:

- ✓ Demonstrate improved physical stamina, agility, and coordination.
  - ✓ Apply skills in team-based and individual sports settings.
  - ✓ Understand the value of fair play, cooperation, and safe movement.
  - ✓ Set personal goals related to fitness and motor performance.
  - ✓ Recognize how daily movement contributes to lifelong health.
-

## 2. Core Competence Areas

### PE.1 Physical Preparation and Warm-Up Routines

#### Learning Outcomes

By the end of this course, students will be able to:

- ✓ **Perform age-appropriate dynamic and static stretches.**
- ✓ **Understand the importance of warming up and cooling down.**
- ✓ **Lead or follow a warm-up routine independently.**

#### Competencies

##### PE.1.A.1 – Performing structured warm-up sequences.

- Complete warm-up circuits including high knees, jumping jacks, and arm circles.
- Explain the purpose of warming up muscles before activity.

##### PE.1.A.2 – Cooling down and injury prevention.

- Use static stretches to recover from physical activity.
- Recognize signs of fatigue and hydration needs.

---

### PE.2 Cardiovascular Endurance and Fitness

#### Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Maintain moderate to vigorous activity for extended periods.**
- ✓ **Track personal heart rate zones and energy levels.**
- ✓ **Demonstrate growth in endurance-based activities.**

#### Competencies

##### PE.2.A.1 – Participating in endurance-building activities.

- Engage in running games, jump rope circuits, and aerobic relays.
- Log performance data in personal fitness trackers.

### **PE.2.A.2 – Setting personal fitness goals.**

- Set and revisit SMART goals related to stamina and pacing.
  - Celebrate milestones and reflect on growth.
- 

## **PE.3 Team Sports: Basketball and Soccer**

### **Learning Outcomes**

By the end of this unit, students will be able to:

- ✓ **Apply fundamental techniques in basketball and soccer.**
- ✓ **Work as part of a team during gameplay.**
- ✓ **Demonstrate sportsmanship, cooperation, and spatial awareness.**

### **Competencies**

#### **PE.3.A.1 – Building skills through drills and games.**

- Practice passing, dribbling, and shooting in basketball.
- Develop footwork, goal-shooting, and ball control in soccer.

#### **PE.3.A.2 – Playing by rules and with respect.**

- Participate in small-sided games and group tournaments.
  - Follow safety rules and encourage teammates respectfully.
- 

## **PE.4 Seasonal Activities: Winter Sports and Track**

### **Learning Outcomes**

By the end of this unit, students will be able to:

- ✓ **Explore and perform basic skills in winter-themed activities.**
- ✓ **Understand how different sports develop different types of movement.**
- ✓ **Demonstrate improved sprinting technique and form.**

## Competencies

### PE.4.A.1 – Engaging in seasonal movement challenges.

- Participate in indoor simulations of skiing, skating, and sled-pulling relays.
- Use coordination and balance in themed obstacle courses.

### PE.4.A.2 – Practicing short-distance sprinting and acceleration.

- Run 20- to 50-meter sprints with proper form and pacing.
  - Learn start positions and reaction time drills.
- 

## PE.5 Throwing and Motor Coordination

### Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Use correct mechanics for throwing and catching.
- ✓ Apply throwing skills to games and challenges.
- ✓ Develop accuracy, aim, and upper-body control.

### Competencies

#### PE.5.A.1 – Practicing ball throwing for distance and precision.

- Use overhand and underhand throws for different targets.
- Track progress using distance markers or target points.

#### PE.5.A.2 – Transferring skills across sports.

- Apply throwing technique to dodgeball, target toss, and ball relay games.
  - Recognize muscle groups used and reflect on progress.
-

### 3. Assessment and Evaluation

#### Formative Assessments – Skill Checks and Observation

- ✓ Throwing and sprinting technique observation rubrics.
- ✓ Warm-up leadership rotations.
- ✓ Fitness journals and reflection entries.

#### Summative Assessments – Performance Challenges and Tracking

- ✓ Soccer and basketball skill tests.
- ✓ Personal endurance benchmarks.
- ✓ Sprint times and improvement logs.

#### Authentic Assessment – Team Games and Leadership

- ✓ Team tournament participation.
- ✓ “Design-a-Drill” peer-led skill workshop.
- ✓ Personal growth portfolio and Field Day performance.

---

### 4. Instructional Strategies for Online Learning

#### Choice and Personalization

- ✓ Let students design warm-ups, drills, and challenges.
- ✓ Reflect and adapt based on personal goals.

#### Movement Across Curriculum

- ✓ Integrate rhythm, math (timing, distance), and science (heart rate, muscle use).
- ✓ Celebrate diverse sports cultures and games from around the world.

#### Learning Culture

- ✓ Promote safety, inclusion, and positive language.
- ✓ Encourage effort over perfection.
- ✓ Build resilience and joy through challenge.