

Grade 4 PHYSICAL EDUCATION CURRICULUM GUIDE – QUARTERLY EXPECTATIONS

District 99 Physical Education Framework is aligned with the following Illinois State Standards

ILLINOIS STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.

STANDARD 19.A: Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.

STANDARD 19.B: Analyze various movement concepts and applications.

STANDARD 19.C: Demonstrate knowledge of rules, safety and strategies during physical activity.

ILLINOIS STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

STANDARD 20.A: Know and apply the principles and components of health-related fitness.

STANDARD 20.B: Assess individual fitness levels.

STANDARD 20.C: Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.

ILLINOIS STATE GOAL 21: Develop team-building skills by working with others through physical activity.

STANDARD 21.A: Demonstrate individual responsibility during group physical activities.

STANDARD 21.B: Demonstrate cooperative skills during structured group physical activity.

ILS	Benchmark	Performance Descriptors (Stage D)	Topic Essential Content	Range (Quarters)	Essential Skills & Key Vocabulary	Suggested Activities	Summative & Formative Assessment(s)	Accommodations	Resources
19.A	19.A.2 Demonstrate control when performing combinations and sequences in locomotor, non-locomotor and manipulative motor patterns.	<ol style="list-style-type: none"> Combine basic locomotor and non-locomotor patterns. Develop control while performing manipulative skills. 	<p>Safe Movement / Spatial Awareness</p> <p>Team Activities</p> <ul style="list-style-type: none"> Kickball Soccer (Indoor / Outdoor) 	<p>1-4</p> <p>1,4</p> <p>1-4</p>	<p>Follow Directions Identify Rules Identify Procedures Use Equipment Safely Demonstrate Safe Movement</p> <p>Offense and Defense Rules of the Game Strategies of the Game Sportsmanship</p> <p>Demonstrate: kicking, throwing, catching, foot-eye coordination</p> <p>Demonstrate: dribbling, passing, shooting, goal tending</p>	<p>Partner Activities Hula Hoops Jump Ropes Poly Spot Activities</p> <p>Skill Development Practice Time Partner Activities Lead-Up Games</p> <p>Kickball Drills Kickball Lead-Up Games</p> <p>Soccer Drills Soccer Lead-Up Games</p>	<p>Summative Assessments</p> <ul style="list-style-type: none"> Skill Testing Fitness Testing Written Test Rubrics Quizzes <p>Formative Assessments</p> <ul style="list-style-type: none"> Informal Observations Immediate Feedback Checklists / Task Cards Partner Work with Evaluation (e.g. buddy checklist / task cards) Check for Understanding with Questioning from Teacher 	<p>Review student IEP</p> <p>Modify games with easy and challenging progression options with individualized opportunities for success (e.g. more / less repetitions, closer / further away)</p> <p>Modify equipment for student's skill level (e.g. larger / small target, moving / stationary target, softer / harder ball)</p>	<p>Refer to: P.E. Curriculum Binder Internet Resources (e.g. pcentral.com and Website Lists) Textbooks Activity Books</p>

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			<ul style="list-style-type: none"> • Basketball • Floor Hockey • Volleyball • Softball / Baseball • Relays Physical Fitness / Testing 	<p>2,3</p> <p>2,3</p> <p>2,3</p> <p>1,4</p> <p>1-4</p> <p>1-4</p>	<p>Demonstrate: dribbling, passing, shooting</p> <p>Demonstrate: passing, shooting, stick handling, goal tending</p> <p>Demonstrate: serving, setting, passing, rotating</p> <p>Demonstrate: batting, throwing, catching, base running</p> <p>Skill Development Teamwork Fitness Components</p> <p>5 Components of Fitness: Cardiovascular Endurance Muscular Strength – Core Strength Muscular Endurance Flexibility Body Composition</p>	<p>Basketball Drills Basketball Lead-Up Games</p> <p>Floor Hockey Drills Floor Hockey Lead-Up Games</p> <p>Volleyball Drills Volleyball Lead-Up Games</p> <p>Softball / Baseball Drills Softball / Baseball Lead-Up Games</p> <p>Scooter Activities Locomotor Non-Locomotor Manipulative Development</p> <p>Sit and Reach Sprints Shuttle Run Long Jump Sit-Ups Push-Ups Timed Run Individual Fitness Checklist</p>			

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			Individual Activities • Bowling • Dance / Rhythms • Jump Ropes (Individual & Long Ropes)	2,3 2,3 3-4	Demonstrate: proper form, approach, release, hand-eye coordination, scoring Rules of the Game Strategies of the Game Sportsmanship Etiquette Body Movements Coordination Spatial Awareness Sequencing Technique Coordination Mastery of Skill Teamwork	Skill Development Practice Time Partner Activities Lead-Up Games Skill Development Practice Time Partner Activities Tinikling Juggling Skill Development Practice Time Partner Activities			
19.B	19.B.2 Identify the principles of movement (e.g., absorption and application of force, equilibrium).	1. Explain movement in terms of effort, flow, space, and time. 2. Participate in physical activities without interfering with others or objects with fewer teacher prompts. 3. Sequence	Safe Movement / Spatial Awareness Team Activities	1-4	Follow Directions Identify Rules Identify Procedures Use Equipment Safely Demonstrate Safe Movement Offense and Defense Rules of the Game Strategies of the Game Sportsmanship	Partner Activities Hula Hoops Jump Ropes Poly Spot Activities Skill Development Practice Time Partner Activities Lead-Up Games	Summative Assessments • Skill Testing • Fitness Testing • Written Test • Rubrics • Quizzes Formative Assessments • Informal Observations • Immediate Feedback • Checklists / Task	Review student IEP Modify games with easy and challenging progression options with individualized opportunities for success (e.g. more / less repetitions, closer / further away)	Refer to: P.E. Curriculum Binder Internet Resources (e.g. pecentral.com and Website Lists) Textbooks Activity Books

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		<p>combinations of more complex weight transfer and balance movements (mule kick vs. cartwheel).</p> <p>4. Demonstrate control while manipulating object(s) to change direction and/or distance.</p> <p>5. Identify the components of a variety of locomotor, non-locomotor, and manipulative skills.</p>	<ul style="list-style-type: none"> • Kickball • Soccer (Indoor / Outdoor) • Basketball • Floor Hockey • Volleyball • Softball / Baseball • Relays <p>Physical Fitness / Test</p>	<p>1,4</p> <p>1-4</p> <p>2,3</p> <p>2,3</p> <p>2,3</p> <p>1,4</p> <p>1-4</p> <p>1-4</p>	<p>Demonstrate: kicking, throwing, catching, foot-eye coordination</p> <p>Demonstrate: dribbling, passing, shooting, goal tending</p> <p>Demonstrate: dribbling, passing, shooting</p> <p>Demonstrate: passing, shooting, stick handling, goal tending</p> <p>Demonstrate: serving, setting, passing, rotating</p> <p>Demonstrate: batting, throwing, catching, base running</p> <p>Skill Development Teamwork Fitness Components</p> <p>5 Components of Fitness: Cardiovascular Endurance</p>	<p>Kickball Drills Kickball Lead-Up Games</p> <p>Soccer Drills Soccer Lead-Up Games</p> <p>Basketball Drills Basketball Lead-Up Games</p> <p>Floor Hockey Drills Floor Hockey Lead-Up Games</p> <p>Volleyball Drills Volleyball Lead-Up Games</p> <p>Softball / Baseball Drills Softball / Baseball Lead-Up Games</p> <p>Scooter Activities Locomotor Non-Locomotor Manipulative Development</p> <p>Sit and Reach Sprints Shuttle Run Long Jump</p>	<ul style="list-style-type: none"> • Cards • Partner Work with Evaluation (e.g. buddy checklist / task cards) • Check for Understanding with Questioning from Teacher 	<p>Modify equipment for student's skill level (e.g. larger / small target, moving / stationary target, softer / harder ball)</p>	

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			Individual Activities		Muscular Strength – Core Strength Muscular Endurance Flexibility Body Composition	Sit-Ups Push-Ups Timed Run Individual Fitness Checklist			
			Bowling	2,3	Demonstrate: proper form, approach, release, hand-eye coordination, scoring Rules of the Game Strategies of the Game Sportsmanship Etiquette	Skill Development Practice Time Partner Activities Lead-Up Games			
			Dance / Rhythms	2,3	Body Movements Coordination Spatial Awareness Sequencing	Skill Development Practice Time Partner Activities Tinikling Juggling			
			Jump Ropes (Individual & Long Ropes)	3,4	Technique Coordination Mastery of Skill Teamwork	Skill Development Practice Time Partner Activities			
			Mat Activities	1-4	Techniques Safe Movement	Yoga Stretching Rolling (e.g. log) Balance Activities			

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						Cartwheel Pyramid Building			
19.C	19.C.2a Identify and apply rules and safety procedures in physical activities. 19.C.2b Identify offensive, defensive and cooperative strategies in selected activities and games.	1. Participate in establishing class rules, procedures, and safety practices for specific activities. 2. Decide when to correctly use offensive and/or defensive strategies in lead-up games. 3. Define and apply the elements of cooperative strategies.	Safe Movement / Spatial Awareness Team Activities • Kickball • Soccer (Indoor / Outdoor) • Basketball • Floor Hockey • Volleyball	1-4 1,4 1-4 2,3 2,3 2,3	Follow Directions Identify Rules Identify Procedures Use Equipment Safely Demonstrate Safe Movement Offense and Defense Rules of the Game Strategies of the Game Sportsmanship Demonstrate: kicking, throwing, catching, foot-eye coordination Demonstrate: dribbling, passing, shooting, goal tending Demonstrate: dribbling, passing, shooting Demonstrate: passing, shooting, stick handling, goal tending Demonstrate: serving, setting, passing, rotating	Partner Activities Hula Hoops Jump Ropes Poly Spot Activities Skill Development Practice Time Partner Activities Lead-Up Games Kickball Drills Kickball Lead-Up Games Soccer Drills Soccer Lead-Up Games Basketball Drills Basketball Lead-Up Games Floor Hockey Drills Floor Hockey Lead-Up Games Volleyball Drills Volleyball Lead-Up Games	Summative Assessments • Skill Testing • Fitness Testing • Written Test • Rubrics • Quizzes Formative Assessments • Informal Observations • Immediate Feedback • Checklists / Task Cards • Partner Work with Evaluation (e.g. buddy checklist / task cards) • Check for Understanding with Questioning from Teacher	Review student IEP Modify games with easy and challenging progression options with individualized opportunities for success (e.g. more / less repetitions, closer / further away) Modify equipment for student's skill level (e.g. larger / small target, moving / stationary target, softer / harder ball)	Refer to: P.E. Curriculum Binder Internet Resources (e.g. pcentral.com and Website Lists) Textbooks Activity Books

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			<ul style="list-style-type: none"> • Softball / Baseball • Relays Individual Activities • Bowling • Dance / Rhythms • Jump Ropes (Individual & Long Ropes) 	<p>1-4</p> <p>1-4</p> <p>2,3</p> <p>2,3</p> <p>3,4</p>	<p>Demonstrate: batting, throwing, catching, base running</p> <p>Skill Development Teamwork Fitness Components</p> <p>Demonstrate: proper form, approach, release, hand-eye coordination, scoring Rules of the Game Strategies of the Game Sportsmanship Etiquette</p> <p>Body Movements Coordination Spatial Awareness Sequencing</p> <p>Technique Coordination Mastery of Skill Teamwork</p>	<p>Softball / Baseball Drills Softball / Baseball Lead-Up Games</p> <p>Scooter Activities Locomotor Non-Locomotor Manipulative Development</p> <p>Skill Development Practice Time Partner Activities Lead-Up Games</p> <p>Skill Development Practice Time Partner Activities Tinikling Juggling</p> <p>Skill Development Practice Time Partner Activities</p>			

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						Exercise Individual Exercise Log			
20.C	20.C.2a Set a personal health-related fitness goal.	<ol style="list-style-type: none"> List health-related goals based on fitness assessments. Evaluate progress of health related fitness goals. Explain fitness scores to parents/guardians. Evaluate positive and negative behavioral choices and their impact on wellness levels. 	Physical Fitness / Testing	1-4	5 Components of Fitness: Cardiovascular Endurance – Target Heart Rate Muscular Strength – Core Strength Muscular Endurance Flexibility Body Composition	Sit and Reach Sprints Shuttle Run Long Jump Sit-Ups Push-Ups Timed Run Individual Fitness Checklist Heart Rate Monitors / Pulse Sticks Discussion of: – Target Heart Rate Zones – Benefits / Value of Exercise – Effects of Intensity Individual Exercise Log	Summative Assessments <ul style="list-style-type: none"> Skill Testing Fitness Testing Written Test Rubrics Quizzes Formative Assessments <ul style="list-style-type: none"> Informal Observations Immediate Feedback Checklists / Task Cards Partner Work with Evaluation (e.g. buddy checklist / task cards) Check for Understanding with Questioning from Teacher 	Review student IEP Modify games with easy and challenging progression options with individualized opportunities for success (e.g. more / less repetitions, closer / further away) Modify equipment for student's skill level (e.g. larger / small target, moving / stationary target, softer / harder ball)	Refer to: P.E. Curriculum Binder Internet Resources (e.g. pecentral.com and Website Lists) Textbooks Activity Books
	20.C.2b Demonstrate the relationship between movement and health-related fitness components (e.g., running/cardiorespiratory, tug-of-war/strength).								

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						– Benefits / Value of Exercise Individual Exercise Log			
21.A	<p>21.A.2a Accept responsibility for their own actions in group physical activities.</p> <p>21.A.2b Use identified procedures and safe practices without reminders during group physical activities.</p> <p>21.A.2c Work independently on task until completed.</p>	<p>1. Identify the safety procedures to be followed during participation in a group physical activity.</p> <p>2. Respect the personal space of others when moving within individual self-space.</p> <p>3. List the class procedures to be followed to successfully participate in a group physical activity.</p> <p>4. Discuss the benefits of having rules when participating in physical activity.</p> <p>5. List the consequences of not following the class procedures and/or rules.</p> <p>6. Demonstrate knowledge of the</p>	<p>Safe Movement / Spatial Awareness</p> <p>Team Activities</p> <ul style="list-style-type: none"> • Kickball • Soccer (Indoor / Outdoor) • Basketball • Floor Hockey • Volleyball 	<p>1-4</p> <p>1,4</p> <p>1-4</p> <p>2,3</p> <p>2,3</p> <p>2,3</p>	<p>Follow Directions Identify Rules Identify Procedures Use Equipment Safely Demonstrate Safe Movement</p> <p>Offense and Defense Rules of the Game Strategies of the Game Sportsmanship</p> <p>Demonstrate: kicking, throwing, catching, foot-eye coordination</p> <p>Demonstrate: dribbling, passing, shooting, goal tending</p> <p>Demonstrate: dribbling, passing, shooting</p> <p>Demonstrate: passing, shooting, stick handling, goal tending</p> <p>Demonstrate: serving, setting, passing, rotating</p>	<p>Partner Activities Hula Hoops Jump Ropes Poly Spot Activities</p> <p>Skill Development Practice Time Partner Activities Lead-Up Games</p> <p>Kickball Drills Kickball Lead-Up Games</p> <p>Soccer Drills Soccer Lead-Up Games</p> <p>Basketball Drills Basketball Lead-Up Games</p> <p>Floor Hockey Drills Floor Hockey Lead-Up Games</p> <p>Volleyball Drills Volleyball Lead-Up Games</p>	<p>Summative Assessments</p> <ul style="list-style-type: none"> • Skill Testing • Fitness Testing • Written Test • Rubrics • Quizzes <p>Formative Assessments</p> <ul style="list-style-type: none"> • Informal Observations • Immediate Feedback • Checklists / Task Cards • Partner Work with Evaluation (e.g. buddy checklist / task cards) • Check for Understanding with Questioning from Teacher 	<p>Review student IEP</p> <p>Modify games with easy and challenging progression options with individualized opportunities for success (e.g. more / less repetitions, closer / further away)</p> <p>Modify equipment for student's skill level (e.g. larger / small target, moving / stationary target, softer / harder ball)</p>	<p>Refer to: P.E. Curriculum Binder Internet Resources (e.g. pecentral.com and Website Lists) Textbooks Activity Books</p>

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		<p>rules in effect when participating in a group physical activity.</p> <p>7. Follow directions when participating in physical activity.</p> <p>8. Change individual behaviors to work successfully within a group.</p> <p>9. Examine how to settle disagreements when participating in physical activity.</p>	<ul style="list-style-type: none"> • Softball / Baseball • Relays Physical Fitness / Testing Individual Activities • Bowling • Dance / Rhythms 	<p>1,4</p> <p>1-4</p> <p>1-4</p> <p>2,3</p> <p>2,3</p>	<p>Demonstrate: batting, throwing, catching, base running</p> <p>Skill Development Teamwork Fitness Components</p> <p>5 Components of Fitness: Cardiovascular Endurance Muscular Strength – Core Strength Muscular Endurance Flexibility Body Composition</p> <p>Demonstrate: proper form, approach, release, hand-eye coordination, scoring Rules of the Game Strategies of the Game Sportsmanship Etiquette</p> <p>Body Movements Coordination</p>	<p>Softball / Baseball Drills Softball / Baseball Lead-Up Games</p> <p>Scooter Activities Locomotor Non-Locomotor Manipulative Development</p> <p>Sit and Reach Sprints Shuttle Run Long Jump Sit-Ups Push-Ups Timed Run Individual Fitness Checklist</p> <p>Skill Development Practice Time Partner Activities Lead-Up Games</p> <p>Skill Development Practice Time</p>			

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			<ul style="list-style-type: none"> • Jump Ropes (Individual & Long Ropes) • Mat Activities <p>Conflict Resolution</p>	<p>3,4</p> <p>1-4</p> <p>1-4</p>	<p>Spatial Awareness Sequencing</p> <p>Technique Coordination Mastery of Skill Teamwork</p> <p>Techniques Safe Movement</p> <p>Communication Skills Sportsmanship Cooperation Leadership</p>	<p>Partner Activities Tinikling Juggling</p> <p>Skill Development Practice Time Partner Activities</p> <p>Yoga Stretching Rolling (e.g. log) Balance Activities Cartwheel Pyramid Building</p> <p>Team-Building Activities (see binder)</p>			
21.B	21.B.2 Work cooperatively with a partner or small group to reach a shared goal during physical activity.	<p>1. Identify safety procedures followed when working with a partner during structured group physical activity.</p> <p>2. Perform cooperatively with a partner or a small group when participating in physical activity.</p>	<p>Safe Movement / Spatial Awareness</p> <p>Team Activities</p>	1-4	<p>Follow Directions Identify Rules Identify Procedures Use Equipment Safely Demonstrate Safe Movement</p> <p>Offense and Defense Rules of the Game Strategies of the Game Sportsmanship Non-Competitive Focus</p>	<p>Partner Activities Hula Hoops Jump Ropes Poly Spot Activities</p> <p>Skill Development Practice Time Partner Activities Lead-Up Games</p>	<p>Summative Assessments</p> <ul style="list-style-type: none"> • Skill Testing • Fitness Testing • Written Test • Rubrics • Quizzes <p>Formative Assessments</p> <ul style="list-style-type: none"> • Informal Observations • Immediate Feedback • Checklists / Task Cards • Partner Work with 	<p>Review student IEP</p> <p>Modify games with easy and challenging progression options with individualized opportunities for success (e.g. more / less repetitions, closer / further away)</p> <p>Modify equipment for student's skill level</p>	<p>Refer to: P.E. Curriculum Binder Internet Resources (e.g. pcentral.com and Website Lists) Textbooks Activity Books</p>

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		<p>3. Complete a task with a partner or small group given a specific amount of time with little teacher intervention during a physical activity.</p> <p>4. Discuss the need of individual and shared goals during structured group physical activity.</p>	<ul style="list-style-type: none"> • Kickball • Soccer (Indoor / Outdoor) • Basketball • Floor Hockey • Volleyball • Softball / Baseball • Relays <p>Physical Fitness / Testing</p>	<p>1,4</p> <p>1-4</p> <p>2,3</p> <p>2,3</p> <p>2,3</p> <p>1,4</p> <p>1-4</p> <p>1-4</p>	<p>Demonstrate: kicking, throwing, catching, foot-eye coordination</p> <p>Demonstrate: dribbling, passing, shooting, goal tending</p> <p>Demonstrate: dribbling, passing, shooting</p> <p>Demonstrate: passing, shooting, stick handling, goal tending</p> <p>Demonstrate: serving, setting, passing, rotating</p> <p>Demonstrate: batting, throwing, catching, base running</p> <p>Skill Development Teamwork Fitness Components</p> <p>5 Components of Fitness: Cardiovascular Endurance</p>	<p>Kickball Drills Kickball Lead-Up Games</p> <p>Soccer Drills Soccer Lead-Up Games</p> <p>Basketball Drills Basketball Lead-Up Games</p> <p>Floor Hockey Drills Floor Hockey Lead-Up Games</p> <p>Volleyball Drills Volleyball Lead-Up Games</p> <p>Softball / Baseball Drills Softball / Baseball Lead-Up Games</p> <p>Scooter Activities Locomotor Non-Locomotor Manipulative Development</p> <p>Sit and Reach Sprints Shuttle Run Long Jump</p>	<p>Evaluation (e.g. buddy checklist / task cards)</p> <ul style="list-style-type: none"> • Check for Understanding with Questioning from Teacher 	<p>(e.g. larger / small target, moving / stationary target, softer / harder ball)</p>	

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			Individual Activities		Muscular Strength – Core Strength Muscular Endurance Flexibility Body Composition	Sit-Ups Push-Ups Timed Run Individual Fitness Checklist			
			• Bowling	2,3	Demonstrate: proper form, approach, release, hand-eye coordination, scoring Rules of the Game Strategies of the Game Sportsmanship Etiquette	Skill Development Practice Time Partner Activities Lead-Up Games			
			• Dance / Rhythms	2,3	Body Movements Coordination Spatial Awareness Sequencing	Skill Development Practice Time Partner Activities Tinikling Juggling			
			• Jump Ropes (Individual & Long Ropes)	3,4	Technique Coordination Mastery of Skill Teamwork	Skill Development Practice Time Partner Activities			
			• Mat Activities	1-4	Techniques Safe Movement	Yoga Stretching Rolling (e.g. log) Balance Activities			

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			Team-Building Activities	1-4	Cooperation Conflict Resolution Teamwork Leadership	Cartwheel Pyramid Building Speed Stacks Channels Game (see binder) Mine Field Game (see binder)			