

4th Grade Physical Education & Health Pacing Guide

Overarching Standards

	PEL 4.4.1	Choose responsible decisions according to the rules and boundaries associated with physical activities
	PEL 4.4.2	Exhibit responsible and respectful behavior in different social situations (eg, being a "good" loser and being a "humble" winner)
	PEL 4.4.3	Exhibit teamwork skills in activity settings (eg, team games, team building activities, parachute)
	PEL 3.4.2	Discuss opportunities for individual, dual, and team participation
	PEL 2.4.3	Maintain a moderate to vigorous intensity level in a variety of activity settings (eg, jump rope, tag, dancing)
	PEL 1.4.13	Participate in modified games that utilize basic motor skills
	PEL 1.4.4	Apply locomotor movements in a variety of lead-up games
	PEL 1.4.3	Create and defend space, display readiness, and cover areas utilizing motor skills (eg, tag games)
	PEL 1.4.2	Demonstrate game strategies of chasing, fleeing, and evading
	PEL 1.4.1	Identify and perform movements using the musculoskeletal system
	PEL 3.4.1	Categorize physical activities into health benefits (eg, crabwalk improves strength, chasing and fleeing games improve cardiorespiratory)
	HW 10.4.1	Demonstrate the ability to monitor personal feelings and behaviors
HW 8.4.2	Apply strategies that demonstrate care, consideration, and respect for others	

First Nine Weeks

Unit: Health: Body Systems	HW 5.4.1	Identify the basic parts of the following systems:
		* digestive
		* circulatory
		* respiratory
		* muscular
		* skeletal
		* nervous
Unit: Health: Personal Hygiene	HW 5.4.2	Demonstrate how sense affect the body
	HW 5.4.3	Identify and describe bodily changes that occur as a result of the aging process
	HW 6.4.3	Explain how parasites infect the body
	HW 10.4.3	Demonstrate personal hygiene practices that support wellness
Unit: PE: Striking a Ball	PEL 1.4.10	Use a variety of kicks with defenders and show increased velocity and accuracy
	PEL 1.4.11	Strike a ball with increased velocity and accuracy
	PEL 1.4.8	Use feet to dribble with control and agility at a greater speed

Unit: Health: Communication	HW 8.4.4	Apply verbal and nonverbal communication skills in different types of relationships:
		* friendship
		* family
		*romantic
Unit: Health: Handling Emergencies	HW 10.4.7	Analyze the importance of traffic safety rules
	HW 10.4.10	Distinguish between emergency and non-emergency situations
	HW 10.4.11	Demonstrate Stop, Drop, and Roll when clothing is on fire
	HW 10.4.9	Formulate safety plans for emergencies that occur in the home and/or school
	HW 10.4.8	Apply school safety rules that will prevent injury, accidents, or food poisoning in specific situations
Second Nine Weeks		
Unit: PE: FITNESS	PEL 2.4.5	Understand that the Body Mass Index (BMI) is a height/weight ratio that can be affected as a result of nutrition, exercise practices, and growth
	PEL 2.4.6	Understand the meaning of body metabolism:
		* at rest
		* during activity
	PEL 2.4.9	Explain the consequences of poor flexibility on the ability to perform various activities
	PEL 2.4.13	Understand the number of days per week muscular endurance activities should be performed for improvement
PEL 2.4.11	Understand the number of days per week one should perform muscular strength activities	
Unit: Health: Violence	HW 10.4.12	Identify abuse and assault as a form of violence
	HW 10.4.13	Identify sources to report abuse, harassment, violence, and injury
Unit: Health: Stress	HW 10.4.2	List ways to manage different kinds of stress
	HW 7.4.3	Discuss the messages of media sources that contribute to health information
Unit: PE: Fitness Testing	PEL 2.4.8	Participate in a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of body composition (eg, body mass index (BMI), body fat percentage, waist hip ratio, skin fold assessment)
	PEL 2.4.14	Participate in a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving muscular endurance (eg, curl-ups, partial curl-ups)
	PEL 2.4.10	Participate in a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of flexibility (eg, v-sit, back saver, sit and reach, trunk lift, shoulder stretch)
	PEL 2.4.12	Participate in a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving muscular strength (eg, push-ups, pull ups, bicep strength, grip strength)
	PEL 2.4.4	Participate in a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of cardio respiratory endurance (eg, mile run, half-mile run, PACER, heart rate recovery, walk test)

Unit: Health: Tobacco, Drug, and Alcohol	HW 8.4.3	Apply skills that promote positive conflict resolution (eg, role play)
	HW 8.4.1	Compare and contrast consequences of various choices
	HW 9.4.3	Discuss the harmful chemicals found in tobacco products
	HW 9.4.4	Identify and examine consequences of the use of tobacco
	HW 9.4.5	Identify the legal age to purchase tobacco products
	HW 9.4.6	Describe the long term effects (eg, liver damage) and short term effects (eg, loss of body control) of alcohol
	HW 9.4.7	Identify and examine physical, psychological, and social consequences of alcohol use
	HW 9.4.8	Identify illegal drugs (eg, marijuana, methamphetamine, cocaine/crack)
	HW 9.4.9	Model appropriate ways to respond to unhealthy situations (eg, say "NO", ignore, walk away)
Unit: PE: Throwing and Catching	PEL 1.4.6	Throw an object with increased velocity and accuracy
	PEL 1.4.7	Catch an object thrown with increased velocity or catch an object while moving
Third Nine Weeks		
Unit: Health: Nutrition	HW 11.4.1	Plan healthy meals and snacks using MyPyramid Guidelines (www.mypyramid.gov)
	HW 11.4.3	Record in a food diary healthy and unhealthy choices
	HW 11.4.5	Examine the Nutrition Facts Label to locate specific components (eg, fats, proteins)
	HW 11.4.6	Identify the important nutrients in each of the food groups of the MyPyramid guide
	PEL 2.4.7	Recognize that body functions are unique and each person requires similar nutrients but in different amounts
	HW 11.4.4	Explain how nutrients in foods contribute to health (eg, calcium for good bones and teeth, carbohydrates for energy)
	HW 11.4.2	Explain the relationship among food intake, physical activity, and weight management (eg, explain how caloric intake impacts exercise and how exercise affects caloric output)
Unit: Health: Medication	HW 9.4.2	Explain why following directions is important when using medicines
	HW 9.4.1	List and describe appropriate uses for prescription and over-the-counter medicines
Unit: Health: Oral Health	HW 10.4.4	Explain the importance of preventing tooth decay
	HW 10.4.6	Identify ways to protect teeth:
		* wear a mouth guard when playing sports
		* avoid chewing pencils or similar objects
		* avoid smoking or using smokeless tobacco
		* use dental sealants
		* avoid using teeth for tools
	* use fluoride toothpaste	
HW 10.4.5	Understand the relationship between sugar, bacteria, and acid production (eg, sugar + bacteria = acid; acid + tooth= decay)	

Unit: PE: Rhythms	PEL 1.4.5	Perform simple sequences to multicultural dances in time to music (eg, grapevine, schottische, step-together-step)
Unit: PE: Integration	PEL 3.4.4	Understand that cross-lateralization (crossing the mid-line) integrates and energizes the brain to enhance learning (eg, gravity force trajectory, spin as related to ball handling skills)
Unit: PE: Dribbling	PEL 1.4.9	Dribble around moving obstacles using both hands while moving at a greater speed
Unit: Health: Diseases	HW 6.4.1	Identify causes of communicable and non-communicable diseases (eg, congenital, lifestyle, environment)
	HW 6.4.2	Explain the importance of prevention or early detection and treatment of diseases
	HW 7.4.1	Locate resources that provide health information concerning consumer health issues and services
Unit: Health: Heart	PEL.2.4.1	Locate carotid and radial arteries to calculate heart rate
	PEL.2.4.2	Monitor intensity of exercises using a target heart rate chart.
Fourth Nine Weeks		
Unit: PE: Volley	PEL 1.4.12	Demonstrate a mature pattern of volleying during a game situation
Unit: Health: Environment	HW 7.4.2	Identify roles and responsibilities of school and communities to promote a healthy environment
Unit: PE: Recreation Games	PEL.3.4.3	Identify recreation games
Track & Field		