

Queen of Angels Catholic School  
Physical Education Grade 4 Curriculum

Student Name \_\_\_\_\_

*Big Ideas* are indicted in bold. Related *Essential Learnings* are indicted in regular type. *PA Standards for Health, Safety, and Physical Education* are indicted with numbers.

Learning of Goals Assessed with Rubric Indictors- An “S” indicates skill Secured.  
- A “D” indicates a skill is Developing

<b>Demonstrate an awareness of the body and its capabilities by performing combination of nonlocomotor and locomotor movements with body control.( in a game situation or with a partner)</b>	
10.5.3F – Recognize and describe game strategies using appropriate vocabulary.	
<b>Demonstrate an understanding of the concept of distance by adjusting the performance of the manipulative skills to achieve the designated goal.</b>	
10.5.3E – Know and describe scientific principles that affect movement and skills using appropriate vocabulary.	
<ul style="list-style-type: none"> <li>• <b>Manipulative movements</b> (rolling, kicking a ball, throwing(underhanded, over handed, sidearm), bouncing, catching a ball, striking a ball using a short or long handle implement, or no implement. )Using a mature movement pattern while performing locomotor movements.</li> </ul>	
<ul style="list-style-type: none"> <li>• Jumping rope for at least 3 to 5 consecutive turns of a short rope and long rope without error or touching the rope</li> </ul>	
10.5.3D – Identify and use principles of exercise to improve movement and fitness activities	
<ul style="list-style-type: none"> <li>• Perform a fitness test item measuring cardio respiratory fitness according to the President’s Challenge Physical Fitness Program</li> </ul>	
<ul style="list-style-type: none"> <li>• Perform a fitness test item measuring flexibility according to the President’s Challenge Physical Fitness Program</li> </ul>	
<ul style="list-style-type: none"> <li>• Perform a fitness test item measuring strength according to the President’s Challenge Physical Fitness Program</li> </ul>	