

4th Grade Physical Education Pacing Guide

August 2015

1 st Nine Weeks	2 nd Nine Weeks	3 rd Nine Weeks	4 th Nine Weeks
<p>4.1</p> <ul style="list-style-type: none"> • Aeobics with music • Relays (eg, skipping, running, different locomotor skills) • Throwing games • Kicking skills and games • Hockey skills and games • Striking skills and games (eg, with hands and implements) 			→
<p>4.2</p> <ul style="list-style-type: none"> • Aeobics with music • Dodging games 			→

4th Grade Physical Education Pacing Guide

1 st Nine Weeks	2 nd Nine Weeks	3 rd Nine Weeks	4 th Nine Weeks
	<p>4.3</p> <ul style="list-style-type: none"> • Weight Training (hand weights) 		<p>4.3</p> <ul style="list-style-type: none"> • Fitness Tests (Presidential Fitness tests, optional)
<p>4.4</p> <ul style="list-style-type: none"> • Competitive sports (eg, Basketball, Hockey, Baseball) • Cultural music and movement • Rule adherence during games 			<p>4.5</p> <ul style="list-style-type: none"> • Field Trips