

Richmond Public Schools
Department of Curriculum and Instruction
Curriculum Pacing And Resource Guide



Course Title/ Course #: Physical Education/Fourth Grade

Start day:1

Meetings: 180 days

Course Description

Physical Education for fourth grade will focus on skills, anatomic movement, fitness planning, social development, and energy balance. Standards are outlined in the Virginia Standards of Learning in which students apply movement concepts and principles in individual movement performances and tactical strategies in simple partner activities.

Pacing Resources Assessments MP1

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	4.1a, f 4.2 f	Locomotor, non-locomotor and manipulative skills (throw and catch, pass to stationary and moving partner) and movement principles	http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	4.1 d, e 4.2 b 4.3 a	Components of health-related fitness (aerobic, muscular strength) and muscle groups	http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists

			http://www.sportsbackers.org/	
3 weeks	4.1 f 4.3 c	Feedback to improve performance SMART goals	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx	Personal Fitness Data Fitness Gram Tests Fitness Plans Dialogue Feedback
9 weeks	4.2 c, e 4.5 a, b, g	Skeletal system and Nutrition	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp http://www.ext.vt.edu/topics/food-health/index.html	Dialogue Tests/quizzes Ticket out of the door
ongoing	4.4 a- d	Rules and Procedures, Integrity	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonsplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists Thumbs up/down/sideways

Course Title/ Course #: Physical Education/Fourth Grade

Pacing Resources Assessments MP2

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	4.1a, f 4.2 f	Locomotor, non-locomotor and manipulative skills (throw and catch, dribble, pass to stationary and moving partner) and movement principles	http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	4.1 b	Partner dance sequence	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/	Dialogue Modeling Feedback Non-verbal Skill Assessment Checklists
3 weeks	4.1 d, e, f 4.2 a, d 4.3 b, c, d, e 4.5 g	F.I.T.T principle (Intensity, endurance, pacing) and pulse. SMART goals	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/ http://hpe-curriculum- http://www.sportsbackers.org/program/kids-run-rva/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx	Personal Fitness Data Fitness Gram Tests Fitness Plans Dialogue Feedback
	4.2a- f	Movement Principles (muscle and skeletal)	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/	Dialogue Modeling Games Feedback Non-verbal

9 weeks			http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Skill Assessment Checklists
	4.2a, d 4.5 g	Cardio respiratory system	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp	Dialogue Tests/quizzes Ticket out of the door
	4.5 c,d	Macronutrients	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp	Dialogue Tests/quizzes Ticket out of the door
ongoing	4.4 a- d	Rules and Procedures, Integrity	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists Thumbs up/down/sideways

Course Title/ Course #: Physical Education/Fourth Grade

<u>Pacing Resources Assessments MP3</u>				
Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	4.1a,f 4.2 f	Locomotor, non-locomotor and manipulative skills (strike and volley) and movement principles	http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	4.1c	Gymnastic sequences	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/	Dialogue Modeling Feedback Non-verbal Skill Assessment Checklists

3 weeks	4.1 d, e, f, g 4.2 d 4.3 a, d	<p>Jump rope routine</p> <p>Components of health-related fitness (body composition, flexibility, aerobic, muscular strength and endurance)</p> <p>F.I.T.T principle (Type)</p>	<p>http://www.doe.virginia.gov/testing/</p> <p>http://www.vahperd.org/</p> <p>http://www.pecentral.org/lessonideas/pelessonplans.html</p> <p>http://star.spsk12.net/specialties/k12%20pe.html</p> <p>http://www.sparkpe.org/</p> <p>http://www.mrgym.com/</p> <p>http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</p> <p>http://www.perocks.com/</p> <p>http://www.jmu.edu/kinesiology/hpainstitute/resources.html</p> <p>http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp</p> <p>https://www.cooperinstitute.org/youth/fitnessgram</p> <p>http://www.pyfp.org/</p> <p>http://www.fueluptoplay60.com/</p> <p>http://www.sportsbackers.org/</p> <p>http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</p>	<p>Dialogue</p> <p>Modeling</p> <p>Games</p> <p>Feedback</p> <p>Non-verbal</p> <p>Skill</p> <p>Assessment</p> <p>Checklists</p> <p>Personal Fitness</p> <p>Data</p> <p>Fitness Gram</p> <p>Tests</p> <p>Fitness Plans</p>
---------	--	--	--	---

9 weeks	4.2 b, c, e, f 4.5 g	Components of muscles and bones, Movement, Hydration	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp	Dialogue Tests/quizzes Ticket out of the door
ongoing	4.4 a-d	Rules and Procedures, Integrity	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists Thumbs up/down/sideways

Course Title/ Course #: Physical Education/Fourth Grade

<u>Pacing Resources Assessments MP 4</u>				
Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	4.1a, f 4.2 f	Locomotor, non-locomotor and manipulative skills (strike , dribble with feet, trap) and movement principles	http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	4.1 d, e, f 4.3 a-e 4.5 g	Components of health-related fitness (body composition, flexibility, aerobic, muscular strength and endurance) F.I.T.T principle (Time)	http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx	Personal Fitness Data Fitness Gram Tests Fitness Plans Dialogue Feedback

3 weeks	Review 4.1-4.5	Skilled movements, principals, concepts, personal fitness, and responsible behaviors	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists Tests/quizzes Dialogue Tests/quizzes Ticket out of the door Thumbs up/down/sideways
9 weeks	4.5 e, f, g	Hydration	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp	Dialogue Tests/quizzes Ticket out of the door
ongoing	4.4 a- d	Rules and Procedures, Integrity	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists Thumbs up/down/sideways