

**Grace Christian Academy
Course Description**

Course Title: 4th & 5th Grade Physical Education **Class Meetings (Per Week):** 2x-40 min. classes
Course Length: Full School Year **Curriculum:** Teacher Created

General Course Description: GCA physical education classes promote an enjoyment and appreciation of physical activity, while developing physical strength, endurance and developmental skills with a Christian focus on developing their body as the temple of the Holy Spirit.

Biblical Principles:

God needs our bodies to be strong to do His will. (Proverbs 3:7)

We are to treat our bodies as God's temple. (I Corinthians 3:16)

We are instructed to always do our best and never give up. (I Corinthians 9:24)

God promises us strength and endurance if we wait on Him. (Isaiah 40:30)

General Course Content:

1st Quarter:

Reinforce student's loco motor and non-loco motor skills.

Increase fitness levels and improve cardiovascular fitness, strength, and agility in preparation for Fall physical fitness testing: 1 mile run, sit & reach, sit ups, flexed arm hang, pull ups & shuttle run

Engage in low organizational games to encourage appreciation of movement, increase strength, flexibility coordination & agility; Corner Tag, Dodge & Prison ball, Kick ball

Exercise and laps to increase cardiovascular fitness and strength

Volleyball and Soccer Units

2nd Quarter:

Continue to develop body rhythm and movement skills.

Increase strength & cardiovascular fitness, balance, coordination, flexibility & agility.

Perform rhythmic activities: Learn and perform Jewish Dance at Succoth Celebration

Exercises: sit-ups, jumping jacks, stretches, and running laps to increase balance coordination, flexibility strength, agility, and cardiovascular fitness

Engage in moderate-complex organizational games: Basketball Unit

3rd Quarter:

Reinforce body awareness, conditioning flexibility, and agility

Play various moderate organizational games to improve strength, flexibility, coordination and agility (Floor Hockey, Soccer, Parachute games)

Continue exercise and running to improve cardiovascular fitness, strength & endurance

4th Quarter:

Increase overall physical skills and conditioning and reinforce body awareness, flexibility & agility to improve performance in the standardized physical fitness test.

More complex organizational games: softball, waffle ball, Capture the flag

Cont'd low organizational games to improve strength, coordination, agility & flexibility

Continued exercises to improve cardiovascular fitness, strength and endurance

Related Student Objectives/Learner Outcomes:

The student will learn:

1. Perform different types of rhythm/dance sequences (Succoth)
2. Apply movement concepts of body, space, effort and relationships to movement.
3. Apply principles of accuracy, force and follow-through when projecting objects
4. Identify and demonstrate basic small-group offensive and defensive tactics and strategies (e.g., body fakes, use of speech, and change of direction, keeping body low while moving/guarding).
5. Identify & apply principles of practice to enhance performance (form, consistency, repetition).
6. Discover the history and roles of sports
7. Describe the short and long term benefits of engaging in regular physical activity.
8. Use personal fitness assessment data to enhance understanding of physical fitness by identifying sources for data collection (e.g., print, material, community resources, heart rate monitors, internet, pedometers, skin fold calipers).
9. Differentiate between health related and skill related fitness components and demonstrate activities that can enhance each component.
10. Display appropriate cooperative and competitive behaviors.
11. Identify and participate regularly in physical activities based on personal abilities and interests (e.g., for improvement through practice, enjoyment, social interaction, personal challenge).
12. To demonstrate endurance & muscular strength by participating in physical fitness sit-up, flex arm hang and pull ups test
13. To demonstrate flexibility by participating in sit n' reach assessment for fitness testing
14. To demonstrate cardiovascular fitness by running the mile in physical fitness testing.
15. To demonstrate agility and endurance by performing shuttle run in physical fitness testing.
16. To demonstrate the skills of catching and throwing techniques by playing softball
17. To demonstrate the skills of hitting, throwing, fielding & playing different positions of softball
18. To demonstrate eye-hand coordination when participating in various organizational games
19. To demonstrate the skills of dribbling, passing, shooting, rebounding by playing Basketball
20. To demonstrate good sportsmanship at all times

Presentation Methods:

- Teacher Instruction and modeling
- Student Demonstration

Evaluation and Grading Methods:

- Teacher evaluation
- Physical fitness testing
- Teacher observation both individual skill and group situations
- Class participation

Enrichment and /or Supplemental Activities:

- Succoth Celebration Dance Participation
- Field Day Participation
- After School Sports and Enrichment programs
- GCA Soccer and Basketball Teams
- GCA Track and Cross Country Teams