

P.E. Curriculum Fourth and Fifth Grades

Text:	No Text
Supplemental Materials:	
Course Description:	PE is a course designed to offer a varied selection of activities which serve to promote teamwork, cooperation, motor skills development, physical fitness, knowledge of game rules and an appreciation of the importance of being physically fit and active throughout one's life time. The integration of Christian faith is woven into the instruction each day.
Methods of Evaluation:	Students are evaluated through participation, observation, demonstration, and/or any other form of evaluation instrument the instructor finds applicable to the course.
Pace of Instruction:	By the end of fourth and fifth grades, the students should be able to perform the following skills
Course Objectives:	<ol style="list-style-type: none"> 1. Ball Skills <ul style="list-style-type: none"> Bat a well – pitched ball two out of five times Bowl accurately at an object 25 feet away Catch a batted ball Dribble in and out of obstacles Dribble with feet in and out of obstacles Kick a ball 20 feet Throw a Softball accurately 25 feet Serve a volleyball Stop a soccer ball by trapping 2. Related Skills <ul style="list-style-type: none"> Do a standing broad jump in good form Run 50 yard dash in good time Do 25 sit ups in one minute Play individual activities such as ring toss, horse shoes, croquet, badminton, and lawn tennis Participate in Physical Fitness test 3. Group Activities <ul style="list-style-type: none"> Play the following team sports with certain degree of skills, Flag Football, Soccer, Volleyball, Basketball, Kickball, and Softball Understand and apply the rules and strategy of the following team sports; Flag Football, Soccer, Volleyball, Basketball, and Softball