

## What is it we expect students to learn? Identifying Essential Standards

**Grade Level:** Fourth Grade

**Subject:** Physical Education

**Team Members:** Joe Masciovecchio

1. Standard/Description	2. Evidence of Proficiency	3. Prior Skills Needed	4. Common Summative Assessment	5. When Taught?	6. Enrichment Standards
Identify the proper techniques of specialized skills (HM2A4)	Student is able to verbally explain why an object stays constant unless acted upon by an external force	Mastery of various manipulative skills from previous years	Verbal Assessment	August and ongoing	
Demonstrate proper sportsmanship and cooperation when participating in team sports (PA2A5)	Student is able to explain and display the meaning of "Win or lose: act like a champion."	Knowledge of what it means to respectfully participate in organized games from previous years	Students will produce theatrical skits from teacher created topics	August and ongoing	
Demonstrate locomotor, non-locomotor and manipulative skill combinations during skill drills (HM1C4)	Student is able to throw an object to a partner while he or she is in motion and continuously strike a ball against a backboard or wall using a manipulative	Experience with varied manipulates and the process of throwing/catching varied objects from previous years	<u>Linda Carson Skill Evaluations</u>	August and ongoing	
Demonstrate understanding of the following fitness concepts: Body	Ex: Lower Body Flexibility Student will be able to demonstrate three	Experience with the BSAFE BFIT program	<u>BSAFE BFIT</u> : Lesson 23	August and ongoing	

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composition, Strength, Aerobic fitness, Flexibility, and Endurance (PA1A4)	different ways to stretch the quadriceps, hamstrings and gluteus			
Demonstrate simple understanding of combination padlocks.	Student is able to successfully unlock two different padlocks twice in a row	No prior skills needed	Padlock Lockdown (Padlock Unlock required to move on in the game)	March and ongoing
Set personal fitness goals (PA1A4)	Recognition of 60 minutes of play a day, the availability of extracurricular sports and activities available in Maryville and safe and effective ways to exercise in or outdoors	Experience with safe and effective ways to exercise in or outdoors from previous years	Students will present a basic fitness plan to their small group with comparisons to the FITT principles (Soccer club, outdoor workouts, etc.)	August and ongoing

1. Standard: What is the essential standard to be learned? Describe in student-friendly vocabulary
2. Example/ Rigor: What does the proficient student work look like? Provide an example and/or description.
3. Prior skills needed: What prior knowledge, skills, and/or vocabulary is needed for a student to master this standard?
4. Common Assessment: What assessments(s) will be used to measure the student mastery?
5. When will this standard be taught?
6. Enrichment: What supplementary standards/ skills enrich the essential standard?