

**WARREN COUNTY SCHOOL DISTRICT  
PLANNED INSTRUCTION**

**COURSE DESCRIPTION**

**Course Title:** Physical Education 4-5

**Course Number:** \_\_\_\_\_

**Course Prerequisites:** \_\_\_\_\_

**Course Description:** (Include “no final exam” or “final exam required”)  
Fourth-Fifth Grade Physical Education is a continuation of the skills and applications associated with participation in physical activities. The student will also continue to develop an awareness of the value and benefit of physical fitness in maintaining a healthy lifestyle.

**Suggested Grade Level:** Grades 4 and 5

**Length of Course:** \_\_\_\_\_ One Semester X Two Semesters \_\_\_\_\_ Other

(Describe)

**Units of Credit:** \_\_\_\_\_ (Insert *NONE* if appropriate.)

**PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certification(s)**

(Insert certificate title and CSPG#) Physical Education/Health and Physical Education

**Certification verified by WCSD Human Resources Department:**

X Yes \_\_\_\_\_ No

**Board Approved Textbooks, Software, Materials:**

**Title:**

**Publisher:**

**ISBN #:**

**Copyright Date:**

**Date of WCSD Board Approval:**

**BOARD APPROVAL:**

**Date Written:** June 10, 2010

**Date Approved:** \_\_\_\_\_

**Implementation Year:** 2011-2012

**Suggested Supplemental Materials and Activities:**

Use of off-site facilities, such as the YMCA for the Fifth Grade YMCA Field Day

**Course Standards**

**PA Academic Standards:** (List by Number and Description)

10.3 – Safety and Injury Prevention

10.4 – Physical Activity

10.5 – Concepts, Principles, and Strategies of Movement

**WCSD Academic Standards:** (List or None)

None

**Industry or Other Standards:** (List, Identify Source or None)

None

**SPECIAL EDUCATION AND GIFTED REQUIREMENTS**

The teacher shall make appropriate modifications to instruction and assessment based on a student's Individual Education Plan (IEP) or Gifted Individual Education Plan (GIEP).

**SPECIFIC EDUCATIONAL OBJECTIVES/CORRESPONDING STANDARDS AND ELIGIBLE CONTENT WHERE APPLICABLE**

(List Objectives, PA Standards #'s, Other Standards (see samples at end))

**PA Standard: 10.3.3 Safety and Injury Prevention**

X – performance assessed during that semester

	<b>Performance Indicators</b>	<b>1</b>	<b>2</b>	<b>Assessment</b>
D.	Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).	X	X	Teacher observations

**PA Standard: 10.4.3 Physical Activity**

X – performance assessed during that semester

	<b>Performance Indicators</b>	<b>1</b>	<b>2</b>	<b>Assessment</b>
A.	Identify and engage in physical activities that promote physical fitness and health.	X	X	Teacher observation; Fitness testing
B.	Know the positive and negative effects of regular participation in moderate to vigorous physical activities.	X	X	
C.	Know and recognize changes in body responses during moderate to vigorous physical activity.	X	X	
E.	Identify reasons why regular participation in physical activities improves motor skills	X	X	
F.	Recognize positive and negative interactions of small group activities.	X	X	

**PA Standard: 10.5.3 Concepts, Principles, and Strategies of Movement**

X – performance assessed during that semester

	<b>Performance Indicators</b>	<b>1</b>	<b>2</b>	<b>Assessment</b>
A.	Recognize and use basic movement skills and concepts.	X	X	Teacher observation
B.	Recognize and describe the concepts of motor skill development using appropriate vocabulary.	X	X	
C.	Know the function of practice.	X	X	
D.	Identify and use principles of exercise to improve movement and fitness activities.	X	X	
F.	Recognize and describe game strategies using appropriate vocabulary.	X	X	

**ASSESSMENTS**

**PSSA Assessment Anchors Addressed:** The teacher must be knowledgeable of the PDE Assessment Anchors and/or Eligible Content and incorporate them into this planned instruction. Current assessment anchors can be found at [pde@state.pa.us](mailto:pde@state.pa.us).

**Formative Assessments:** The teacher will develop and use standards-based assessments throughout the course.

**Portfolio Assessment:** \_\_\_\_\_ Yes      X   No

**District-wide Final Examination Required:** \_\_\_\_\_ Yes      X   No

**Course Challenge Assessment (Describe):**

**REQUIRED COURSE SEQUENCE AND TIMELINE**

(Content must be tied to objectives)

---

Content Sequence	Dates
------------------	-------

---

**Objectives:**

- Sustain moderate to vigorous physical activity.
- Integrate knowledge of rules, boundaries, and safe use of equipment during game play.
- Create and demonstrate combinations of movement patterns.
- Demonstrate with increased accuracy the skills of catching, kicking, throwing, and striking in modified games and sports.
- Begin to self-assess body responses to physical activity.
- Character education
- Recognize and understand that time, effort, and practice have a positive effect on skill development/improvement and increased person enjoyment.
- Understand basic offensive and defensive strategies of games.

**TEAM SPORTS**

Basketball  
Soccer  
Volleyball  
Team Handball  
Football  
Softball  
Floor Hockey

**INDIVIDUAL/DUAL SPORTS**

Badminton  
Racquet Sports  
Table Tennis  
Frisbee Golf  
Track and Field  
Bowling  
Tumbling

**RECREATIONAL SPORTS**

Ultimate Frisbee  
Kickball/Variations  
Softball Activities  
Cage Ball Activities  
Bocce Ball  
Dance  
Cooperative Activities  
Structured Games  
Team Building  
Orienteering

**LIFETIME CONDITIONING**

Circuit Training Activities  
Run / Walk / Jog  
Jump Rope / Roping Activities  
Aerobics  
Bands

**P.E. ASSESSMENTS**

Physical Fitness Testing  
Heart Rate Monitors  
REM Cognitive

**WRITING TEAM:** Martha Asp, Darlene Beach, Kristopher Black, Holly Burt, Caryn Chew, Ronda Darling, Shannon Linkerhof, Jeff Manelick, Kay McKinney, Michele Johnson, Amy Morrison, Kimberly Nelson, Richard Nowacki, Steven Onuffer, Jeffrey Passaro, Michele Petrishen.

**WCSD STUDENT DATA SYSTEM INFORMATION**

1. Is there a required final examination?                     Yes     No
2. Does this course issue a mark/grade for the report card?     Yes     No
3. Does this course issue a Pass/Fail mark?                     Yes     No
4. Is the course mark/grade part of the GPA calculation?         Yes     No
5. Is the course eligible for Honor Roll calculation?             Yes     No
6. What is the academic weight of the course?  
 No weight/Non credit                     Standard weight  
 Enhanced weight (Describe)