

Grade 4

Badminton – State Goal 19

Review

- forehand stroke
- backhand stroke
- overhand clear
- serving

Introduce

- drop shot
- smash

Basketball – State Goals 19 & 21

Review

- positioning
- rebounding
- zone basketball

Introduce

- bank shot off the backboard
- overhead pass
- basic rules & scoring

Bowling – State Goals 19 & 21

Review

- accuracy
- modified scoring

Introduce

- scoring/modified
- 3 step approach

Fitness – State Goal 19

Review

- frequency, intensity, time
- fitness principles

Introduce

- calculating personal heartrate
- fitness assessment
- goals

Floor Hockey – State Goal 19 & 21

Review

- stickhandling
- puck control
- exploratory stations

Introduce

- grip of stick
- stickhandling
- passing
- shooting
- goal tending
- face-off
- positions

- offense/defense
- team play
- strategies
- hockey rules
- penalties

Flag Football – State Goal 19 & 21

Review

- centering
- line of scrimmage
- punting

Introduce

- reception game situation
- hand-off
- downs
- offside
- positions
- scoring
- kicking from “T”

Gymnastics – State Goal 19

Review

- spatial awareness
- equipment
- parallel bars / uneven bars
 - *traveling
 - *uneven bars
 - *rolling stunts
 - *supports
 - *stunts on high bar
- rings
 - *hangs
 - *strengthening
 - *inverted hangs
 - *stunts
 - *swings
- rope/cargo net
 - *strengthening
- vault
 - *beginning mounts
 - *beginning vaults
 - *intermediate mounts

Introduce

- parallel bars
 - *swings
 - *dismounts
 - *stunts
- vault
 - *advanced vaults
- balance beam
 - *routines
- rope
 - *hangs for strength

- *intermediate vaults
- balance beam
 - *beginning mounts
 - *beginning balances
 - *beginning traveling
 - *beginning dismounts
 - *stunts
 - *intermediate balances
 - *intermediate mounts
 - *intermediate dismounts
 - *intermediate traveling
- safety and rules
- spotting techniques on the equipment

Inline Skating – State Goal 19

Review

- weave
- small jumps
- backwards

Juggling – State Goal 19

Review

- feather balancing
- partner juggling with two scarves
- scarf juggling patterns

Introduce

- juggling with two & three scarves
- complex patterns
- variety of equipment
- partner juggling
- team juggling

Rhythm & Dance – State Goal 19

Review

- demonstrate proper dance etiquette
- fundamental locomotor movements
- add rhythm to fundamental locomotor movements
- even and uneven rhythm

Introduce

- a variety of complex dances (ie. folk, square, line, mixer, contra)
- dance origins
- international understanding

- simple nonlocomotor movements
- creative movements
- simple singing children's dances
- tempo
- beat
- listening to music for accents
- introduction
- conclusions
- line of dance
- combination of locomotor mvmts
- combination of nonlocomotor mvmts
- folk dances
- formations (*line, single circle, double circle)
- listening to music for phrases and changes

- aerobic dancing
- dances w/equipment (tinikling bands, balls, ropes)
- dance positions
- listening to music accents
- partner dynamics

Soccer – State Goal 19 & 21

Review

- positioning
- teamwork
- throw-in
- game situation

Introduce

- positions/responsibilities
- defensive strategies
- corner kicks
- goal kicks
- teamwork
- game play

Softball – State Goal 19 & 21

Review

- batting (pitched ball)
- fielding
- fly balls
- pitching underhand
- base running

Introduce

- positions
- basic rules/game play

Teambuilding – State Goal 21

Review

- partners
- rules and safety
- competition with self

Introduce

- games
- initiatives
- trust
- stunts

Tennis – State Goal 19

Review

- grip
- parts of racket
- terminology
- scoring
- racket control
- ground strokes
(forehand/backhand)

Introduce

- tennis etiquette
(civil behavior)
- the volley
- the serve

Track and Field – State Goal 19

Review

- pacing
- 200 meter run
- 1/3 mile run/walk
(with the option to
complete the mile)
- running long jump

Introduce

- 400 meter run
- 600 meter run
- one mile run/walk
- measure softball throw
for distance
- 4 runner relay race with
baton
- high jump
(scissors kick only)
- track meet

Tumbling – State Goal 19

Review

- balances
- springing & landing
- support
- rotation
- spotting

Introduce

- pyramids
- inverted balances
- routines
- inverted stunts
- advance rolls
- counter balances

Volleyball – State Goal 19 & 21

Review

- trainers
- ready position
- overhead set
- scoring
- 3 hits per side
- 2 consecutive hits self
- rotation
- boundaries
- net violations
- underhand serve

Introduce

- positioning on court
- overhand serve