

Fourth Grade Physical Education Curriculum Overview

The physical education program (50 min class per week) offers children a variety of creative motor experiences that promote healthy attitudes towards exercise. The physical education program offers vigorous and non-vigorous activities that build skills, strength, speed, coordination, self-confidence, and self-image. Social and emotional development is addressed through the teaching of concepts such as cooperation, problem solving, team building, fair play, and respect for human differences.

The physical education program clearly plays a vital role in the education of the whole child. Doing one's "personal best" is a theme at all grade levels. In grade four, the program emphasizes games of strategy and problem-solving techniques. Skill levels are noticeably improved and incorporated into more advanced areas of games, gymnastics, dance, and track and field. Cardiorespiratory activities, cooperative skills and good sportsmanship are emphasized. Specific attention is also given to increased cardiovascular performance.