



Recommended 4th and 5th Grade Curriculum Framework

Content: Physical Education – Grades 4 and 5						
Topic: Benefits of Physical Activity (Weeks 1-3)						
Content (What do your students need to KNOW?)	Demonstrators (What do your students need to be able to DO?)	Assessment (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	Activities (HOW will you teach it?)	Resources (What MATERIALS will you need?)	Differentiation (How will you reach the DIVERSITY of learners?)	Literacy Connection (How will you use READING and WRITING with this material?)
<p>PL-E-2.2.1 Physical and social benefits result from regular and appropriate participation in physical activities throughout one's lifetime.</p> <p>Physical benefits:</p> <ul style="list-style-type: none"> • weight control • lower blood pressure • increased muscular strength • physical fitness • improved control of body movements <p>Social benefits:</p> <ul style="list-style-type: none"> • positive interactions with others • respect for authority figures • enjoyment • self-expression 	<p>Lifetime Physical Activities</p> <p>AE 2.35 Students demonstrate knowledge and skills that promote physical activity and involvement in physical activity throughout their lives.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none"> • Apply and use guidelines for the safe use of equipment and apparatus as related to lifetime physical activities. • Identify health benefits that result from regular participation in physical activity. • Develop a personal interest in participating in physical activities. <p>POS Students will monitor pulse rate.</p> <p>POS Students will exercise to improve strength, fitness, and wellness.</p>					



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	<p>POS students will explain the concepts of muscular strength and endurance, flexibility, and cardiorespiratory endurance.</p> <p>POS Students will evaluate their own progress toward fitness goals using appropriate instruments (e.g., stopwatch, tape measure).</p> <p>POS Students perform stretching, strengthening, and cardiorespiratory exercises.</p> <p>BENCHMARKS Students develop an after school recreational plan that emphasizes regular participation in physical exercise and activity.</p>					