



Recommended 4th and 5th Grade Curriculum Framework

Topic: Lifetime Physical Activities (Weeks 31-36)						
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?)
PL-E-2.2.3 The body changes gradually as a result of continuous physical activity and effort.	<p>Lifetime Physical Activity 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"> Identify and investigate health benefits that result from regular participation in physical activity. Develop a personal interest in participating in physical activities. Refine practice techniques to achieve consistency for a variety of physical activities. Apply and use guidelines for the safe use of equipment and apparatus as related to lifetime physical activities. Apply fundamental strategies in simple games and activities. 					



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Content: Physical Education – Grades 4 and 5						
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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?)
	<ul style="list-style-type: none"> Apply and use guidelines for the safe use of equipment and apparatus as related to lifetime physical activities. Apply fundamental strategies in simple games and activities. <p>BENCHMARKS Students develop an after school recreational plan that emphasizes regular participation in physical exercise and activity.</p> <p>Students refine practice techniques to achieve consistency for a variety of physical activities.</p>					