



Recommended 4<sup>th</sup> and 5<sup>th</sup> Grade Curriculum Framework

<b>Content: Physical Education – Grades 4 and 5</b>						
<b>Topic: Exercise and Fitness (Weeks 4-8)</b>						
<b>Content</b> (What do your students need to KNOW?)	<b>Demonstrators</b> (What do your students need to be able to DO?)	<b>Assessment</b> (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	<b>Activities</b> (HOW will you teach it?)	<b>Resources</b> (What MATERIALS will you need?)	<b>Differentiation</b> (How will you reach the DIVERSITY of learners?)	<b>Literacy Connection</b> (How will you use READING and WRITING with this material?)
<p><b>PL-E-1.5.1</b> There are body changes (e.g., elevated heart rate, respiration, perspiration) that occur during physical activity.</p> <p><b>PL-E-1.5.2</b> There are numerous benefits of exercise (e.g., muscular growth and development, good posture, aerobic endurance) on the body.</p> <p><b>PL-E-1.5.3</b> Physical fitness is based on an investment of time and effort.</p> <p><b>PL-E-1.5.4</b> Health related fitness includes many components (e.g., muscular strength, muscular endurance, flexibility, body composition, aerobic endurance).</p>	<p><b>Personal Wellness</b> <b>AE 2.31</b> Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.</p> <p><b>DEMONSTRATORS</b></p> <ul style="list-style-type: none"> <li>Develop awareness of interrelatedness of body functions and the impact of lifestyle choices on body systems.</li> </ul> <p><b>POS-PE-5-1</b> Explain the relationship of exercise to fitness and wellness.</p> <p><b>POS-PE-5-2</b> Explain concepts of muscular strength and endurance, flexibility, and cardiorespiratory endurance.</p> <p><b>POS-PE-5-3</b> Evaluate own progress toward fitness goals using appropriate instruments (e.g., stopwatch, tape measure).</p>					



Recommended 4<sup>th</sup> and 5<sup>th</sup> Grade Curriculum Framework

<b>Content: Physical Education – Grades 4 and 5</b>						
<b>Topic: Exercise and Fitness (Weeks 4-8)</b>						
<b>Content</b> (What do your students need to KNOW?)	<b>Demonstrators</b> (What do your students need to be able to DO?)	<b>Assessment</b> (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	<b>Activities</b> (HOW will you teach it?)	<b>Resources</b> (What MATERIALS will you need?)	<b>Differentiation</b> (How will you reach the DIVERSITY of learners?)	<b>Literacy Connection</b> (How will you use READING and WRITING with this material?)
	<p><b>POS-PE-5-4</b> Perform stretching, strengthening, and cardiorespiratory exercise.</p> <p><b>BENCHMARKS</b> Students develop personal exercise plans incorporating the key fitness components.</p> <p>Students self assess their physical fitness levels.</p> <p>Students determine personal target exercise heart rates.</p>					