

**PHYSICAL EDUCATION – Grades 4-6
YEAR PLAN – 2009-2010**

| Dates | Grade 4 | Grade 5 | Grade 6 |
|------------------|--|--|---|
| QUARTER 1 | | | |
| Aug 3 - Aug 7 | Orientation <ul style="list-style-type: none"> Classroom Procedures Warm-ups Intro to Heart Rate Monitors | Orientation <ul style="list-style-type: none"> Classroom Procedures Warm-ups Intro to Heart Rate Monitors | Orientation <ul style="list-style-type: none"> Classroom Procedures Warm-ups Intro to Heart Rate Monitors/Pedometers |
| Aug 10 - Aug 14 | Fitness Concepts <ul style="list-style-type: none"> Virginia Wellness Standards Fitness Vocabulary | Fitness Concepts <ul style="list-style-type: none"> Virginia Wellness Standards Fitness Vocabulary | Fitness Concepts <ul style="list-style-type: none"> Virginia Wellness Standards Fitness Vocabulary |
| Aug 17 - Sept 4 | FitnessGram Testing | FitnessGram Testing | FitnessGram Testing |
| Sept 7 - Oct 2 | Kicking & Punting <ul style="list-style-type: none"> Kicking/Punting Skills Soccer Lead-up | Kicking & Punting <ul style="list-style-type: none"> Kicking/Punting Skills Soccer Lead-up | Kicking & Punting <ul style="list-style-type: none"> Kicking/Punting Skills Soccer/strategy |
| Oct 5 - Oct 7 | Climbing Wall/SOL Integration | Climbing Wall/SOL Integration | Climbing Wall/SOL Integration |
| QUARTER 2 | | | |
| Oct 26 - Nov 20 | Gymnastics <ul style="list-style-type: none"> Tumbling Routines (short) Balancing Apparatus Flexibility/Muscle Strength Testing | Gymnastics <ul style="list-style-type: none"> Tumbling Routines (short) Balancing Apparatus Flexibility/Muscle Strength Testing | Gymnastics <ul style="list-style-type: none"> Group Tumbling Routines Balancing Apparatus Routines Flexibility/Muscle Strength Testing |
| Nov 30 - Dec 18 | Volleying <ul style="list-style-type: none"> Overhead Volley Forearm Pass Underhand Serve | Volleying <ul style="list-style-type: none"> Overhead Volley Forearm Pass Underhand Serve | Volleying <ul style="list-style-type: none"> Basic Skill Application Volleyball Strategy/Rules Game Play |
| Dec 21 - 22 | <ul style="list-style-type: none"> PACER | <ul style="list-style-type: none"> PACER | <ul style="list-style-type: none"> PACER |
| QUARTER 3 | | | |
| Jan 11 - Jan 29 | Dance/Rhythmic Activities <ul style="list-style-type: none"> Square Dancing | Dance/Rhythmic Activities <ul style="list-style-type: none"> Modern Dances | Dance/Rhythmic Activities <ul style="list-style-type: none"> Modern Dances |
| Feb 1 - Feb 19 | Striking <ul style="list-style-type: none"> Long/short handled implements Small sided games | Striking <ul style="list-style-type: none"> Long/short handled implements Small sided games | Striking <ul style="list-style-type: none"> Long/short handled implements Floor Hockey Broom Ball |

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| Feb 22 - Feb 26 | Jump Rope <ul style="list-style-type: none"> • Jump Rope Skills • Jump Rope For Heart | Jump Rope <ul style="list-style-type: none"> • Jump Rope Skills • Jump Rope For Heart | Jump Rope <ul style="list-style-type: none"> • Jump Rope Skills • Jump Rope For Heart |
| Feb 29 - Mar 26 | Ball Handling <ul style="list-style-type: none"> • Dribbling • Passing/Shooting • Lead-up Basketball Game • PACER | Ball Handling <ul style="list-style-type: none"> • Dribbling • Passing/Shooting • Lead-up Basketball Game • PACER | Ball Handling <ul style="list-style-type: none"> • Basketball Skill Application • Basketball Strategy/Rules • Game Play • PACER |
| QUARTER 4 | | | |
| Apr 19 - May 7 | FitnessGram Testing | FitnessGram Testing | FitnessGram Testing |
| May 10 - May 26 | Throwing & Catching <ul style="list-style-type: none"> • Passing/Catching Skills • Football Lead-up | Throwing & Catching <ul style="list-style-type: none"> • Passing/Catching Skills • Football Lead-up | Throwing & Catching <ul style="list-style-type: none"> • Passing/Catching Skills • Football/strategy |
| May 27 - June 9 | Field Day Activities | Field Day Activities | Field Day Activities |
| June 14 - June 18 | Year Review | Year Review | Year Review |