# Scope and Sequence - Grade 4

Content Area: **Physical Education**
Course(s): **Gifted and Talented, Physical Education**
Time Period: **Full Year**
Length: **Length of the Course**
Status: **Published**

## Course Overview

In the fourth grade talented physical education class, students will learn ways to improve their personal fitness and sports skills. They will begin the year by assessing their personal fitness accuity, then use various ways of testing and analyzing their performance including through pedometers, checking heart rate, and looking for physicological signs of exercise. From this base measurement, they will set fitness goals, plan activities to reach those goals, and monitor their progress. In the second half of the year, students will video record themselves performing various sports skills, then analyze the footage and research ways to improve their own personal performance.

## Scope and Sequence

| Order of the Unit | Title of the Unit | Time Frame |
|---|---|---|
| Unit 1 | Physical Fitness Charting | Marking Periods 1 & 2 |
| Unit 2 | Biomechanical Skill Analysis | Marking Periods 3 & 4 |

## Date of Board Approval

This curriculum was approved by the Green Brook Board of Education on