



Woodridge Fourth Grade PE Year at a Glance (YAG)



First Semester		Second Semester	
1 st Nine Weeks – 40 days (August 20 th – October 16 th) (September 3 rd – Labor day – No School) (October 8 th – Staff Development)		3 rd Nine Weeks – 45 days (January 7 th – March 19 th) (January 21 st – MLK – No School) (March 11 th – 15 th – Spring Break)	
TEKS	Units	TEKS	Units
4.1 ACE	Locomotor Skills: reinforcement of all locomotore skills including chasing and fleeing	4.1 AD	Locomotor Skills: proper form and body alignment while lifting, carrying, pushing or pulling heavier objects
4.1 BEFK	Body Management: applies skills such as rolling, jumping, throwing, catching, and striking using correct body alignment in lead up games	4.1 DEFG	Body Management: perform sequences using good body control with combined stationary balance, jumping and landing, transfer of weight along and over equipment
4.1 K 4.2 ACD	Manipulatives: dribble with hands and feet while keeping control of the ball	4.1 K 4.2 ABCD	Manipulatives: volley to self and others
4.1 IJ	Rhythms/Dance: individual and long jump rope, group fitness and Drum Fit	4.1 HIJ	Rhythms/Dance: performs movement sequences with a beginning, middle and end. Jump bands.
4.1 ABCD 4.6 B	Movement Concepts: personal space, boundaries, start/stop, levels of movement, pathways, speed/tempo, directions and Pacer Test	4.3 BCDE	Movement Concepts: basic resistance training techniques
4.5 ABD 4.6 B	Safety: gym and playground rules, water, restroom and emergency procedures	4.5 ABCD	Safety: Bike Rodeo safety
4.5 ABCD 4.6 AB 4.7 ACD	Social: demonstrates responsible behavior, self direction and cooperation with others; uses all equipment safely	4.6 AB 4.7 ABCD	Social: uses good conflict resolution strategies in game play situations
4.4 ACD	Health & Body: identify major bones and muscles, understands the concept of pacing during cardiovascular activities.	4.4 ABCDEFGHI	Health & Body: understands the relationship between physical activity/inactivity, nutrition, sleep/rest, and stress relief activities.
2 nd Nine Weeks – 43 days (October 17 th – December 21 st) (November 19 th – 23 rd – Thanksgiving Break) (December 24 th – January 4 th – Holiday Break)		4 th Nine Weeks – 45 days (March 20 th – May 23 rd) (April 19 th – Good Friday – No School) (April 26 th – Battle of Flowers – No School) (May 27 th – Memorial Day – No School)	
TEKS	Units	TEKS	Units
4.1 ACEG	Locomotor Skills: locomotor skills performed in dynamic situations with changes in speed and direction/pathways	4.1 ABC 4.7 AB	Locomotor Skills: combinations of non-locomotor, locomotor, and manipulatives in lead up games/activities
4.1 CDEFG	Body Management: moving in and out of balanced positions with control and appropriate form	4.3 ABCDE	Body Management: introduce yoga
4.1 K 4.2 AC	Manipulatives: striking objects to self and others using racquets	4.1 B 4.2 ABCD	Manipulatives: combinations of skills using balls
4.1 HIJ	Rhythms/Dance: demonstrates simple combinations in rhythmical activities	4.1 HI	Rhythms/Dance: creates and performs a routine including movement sequences and basic dance steps
4.2 BCD	Movement Concepts: strategies to increase speed, agility and coordination (circuit training)	4.1 D 4.3 E	Movement Concepts: use of plyometrics to increase “explosiveness”
4.5 ABD 4.6 B	Safety: equipment, climbing and exercise safety	4.5 ABCD	Safety: sun and water
4.6 A 4.7 ABCD	Social: works with others of varying skill levels in a positive manner	4.7 AB	Social: appropriately responds to winning and losing in competitive situations
4.3 ABCDE	Health & Body: completes a health-related personal fitness assessment (Fitnessgram Testing)	4.4 ABC	Health & Body: understands target heart rate and how to monitor it



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