

Grade: 4		Teacher: Raluca Marinakis		Subject: Physical and Health Education	
Timing	Unit Title/ Breakdown	Content Covered	Big Idea	Resources and Materials	
09-10-17 - 10-19-17	Personal Fitness	1. Benefits of physical activity and exercise 2. Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills	1. Daily physical activity enables us to practice skillful movement and helps us develop personal fitness 2. Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle	5. Fitness Equipment 6. Dumbbells 7. Thick Mats 8. Medicinal balls	
	1. Fitness Testing 2. Circuit Training 3. Muscular Endurance 4. Cardio Endurance 5. Rope war 6. Wrestling				
10-22-17 - 11-30-17	Team Sport: Basketball	3. Movement concepts and strategies	3. Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle	1. Basketballs 2. Cones 3. Pinnies 4. Bowling pins	
	1. Dribbling 2. Passing 3. Shooting <ul style="list-style-type: none"> a. Lay-ups b. Free Throws 4. Footwork 5. Offence 6. Defense 7. Rebounding 8. Fast Breaks 9. Rules of the game and hand signals				
12-03-17- 01- 11-18	Individual Sport: Gymnastics 1. Leap 2. Forward roll closed legs 3. Backwards roll closed legs 4. Forward roll open legs 5. Backwards roll open legs 6. Splits	4. Ways to monitor and adjust physical exertion levels	4. Develop and demonstrate safety, fair-play and leadership in physical activities	1. Gymnastic Mats	

	5. Serve 6. Footwork(approach) 7. Hitting 8. Offence 9. Defense 10. Zones 11. Rules of the game and hand signals			
05-13-18 - 06-07-18	Individual sport: Fitness 1.Fitness testing 2.Circuit training 3.Muscular Endurance 4.Cardio Endurance 5.Wrestling	1. Benefits of physical activity and exercise 2. Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills 3. Movement concepts and strategies 4. Ways to monitor and adjust physical exertion levels 5. How to participate in different types of physical activities including individual and dual activities, rhythmic activities, and games	1. Daily physical activity enables us to practice skillful movement and helps us develop personal fitness. 2. Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle 3. Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle 4. Develop and demonstrate safety, fair-play and leadership in physical activities	1.Fitness equipment 2.Dumbbells 3.Thick mats 4.Medicinal balls

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Oct- Dec	Health Unit 1: Goal Setting and FITT principles	<ol style="list-style-type: none"> 1. Differences between the health components of fitness 2. training principles to enhance personal fitness levels, including the FITT principle 3. benefits of physical activity and exercise 4. food choices to support active lifestyles and overall health 5. practices that promote health and well-being, including those that prevent communicable and non-communicable illnesses 6. sources of health information and support services 7. strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings 8. factors influencing use of psychoactive substances, and potential harms 9. physical, emotional, and social changes that occur during puberty, including those involving sexuality and sexual identity, and 	<ol style="list-style-type: none"> 1. Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle. 2. Personal choices and social and environmental factors influence our health and well-being. 3. Developing healthy relationships helps us feel connected, supported, and valued. 	
Jan- Mar	Health Unit 2: Healthy Eating			
Mar-May	Health Unit 3: Healthy Relationships and Healthy Choices			

		changes to relationships		
May- June	Health Unit 4: Community Health	<ol style="list-style-type: none"> 1. Differences between the health components of fitness 2. benefits of physical activity and exercise 3. food choices to support active lifestyles and overall health 4. practices that promote health and well-being, including those that prevent communicable and non-communicable illnesses 5. sources of health information and support services 6. factors influencing use of psychoactive substances, and potential harms 	<ol style="list-style-type: none"> 1. Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle. 2. Personal choices and social and environmental factors influence our health and well-being. 3. Developing healthy relationships helps us feel connected, supported, and valued. 	