Grade: 4	Teacher: Raluca Ma	rinakis S	Subject: Physical and Health Education	
Timing	Unit Title/ Breakdown	Content Covered	Big Idea	Resources and Materials
09-10-17 - 10-19-17	Personal Fitness1. Fitness Testing2. Circuit Training3. Muscular Endurance4. Cardio Endurance5. Rope war6. Wrestling	 Benefits of physical act and exercise Drenentochnique for 	 Daily physical activity enables us to practice skillful movement and helps us develop personal fitness Knowing what we enjoy doing and knowing about our 	 5. Fitness Equipment 6. Dumbbells 7. Thick Mats 8. Medicinal balls
10-22-17 - 11-30-17	Team Sport: Basketball1. Dribbling2. Passing3. Shootinga. Lay-upsb. Free Throws4. Footwork5. Offence6. Defense7. Rebounding8. Fast Breaks9. Rules of the game and hand signals	 Proper technique for fundamental movements skills, including non- locomotor, locomotor, manipulative skills Movement concepts a strategies 	nt 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	 Basketballs Cones Pinnies Bowling pins
12-03-17- 01- 11-18	Individual Sport: Gymnastics1.Leap2.Forward roll closed legs3.Backwards roll closed legs4.Forward roll open legs5.Backwards roll open legs6.Splits	4. Ways to monitor and a physical exertion levels	iouuoioinp in physicu	1. Gymnastic Mats

01-14-18 02-15-18	 7. Handstand 8. Bridge 9. Cartwheel 10. Routine gymnastics Individual Sport: Track and Field		1.Daily physical activity enables us to practice skillful movement and helps us develop personal fitness	1. Stopwatch 2. Measure tape
	 Shot put High Jump Stationary Long jump Triple jump Running long jump 50m 600m girls/800m boys Rules of each activity 	 How to participate in different types of physical activities including individual and dual activities, rhythmic activities, and games 	2. Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle	 Landing foam mat for the high jump High jump bar
02-18-18- 03-29-18	Team Sport: Handball1. Dribbling2. Passing3. Receiving4. Shooting5. Footwork6. Shooting with jump7. Offence8. Defense9. Rules of the game andhand signals	 Proper technique for fundamental movement skills, including non- locomotor, locomotor and manipulative skills 	3. Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle	1.Handballs 2.Cones 3.Pinnies
04-01-18 - 05-10-18	Team Sport: Volleyball 1. Passing 2. Diggs 3. Setting 4. Under hand serve		4. Develop and demonstrate safety, fair-play and leadership in physical activities	1.Volleyballs 2.Volleyball net 3.Cones

	 Serve Footwork(approach) Hitting Offence Defense Zones 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	 Benefits of physical activity and exercise Proper technique for fundamental movement skills, including non- locomotor, locomotor, and manipulative skills Movement concepts and strategies Movement concepts and astrategies Ways to monitor and adjust physical exertion levels How to participate in different types of physical activities including individual and dual activities, rhythmic activities, and games 	 Daily physical activity enables us to practice skillful movement and helps us develop personal fitness. Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle 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	 Differences between the health components of fitness training principles to 	 Understanding ourselves and the various aspects of 	
Jan- Mar	Health Unit 2: Healthy Eating	 enhance personal fitness levels, including the FITT principle bopofits of physical 	health helps us develop a balanced lifestyle.	
Mar-May	 Health Unit 3: Healthy Relationships and Healthy Choices May Healthy Relationships and Healthy Choices food choices to su active lifestyles an overall health practices that pro health and well-be including those th prevent communi and non-commun illnesses sources of health information and s services strategies to prote themselves and o from potential abu 	 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 	 Personal choices and social and environmental factors influence our health and well-being. Developing healthy relationships helps us feel connected, supported, and valued. 	
		 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 		

	changes to relationships
Health Unit 4: Community Health	1. Differences between the health components of fitness1. Understanding ourselves and the