

Trinity Christian School

Fourth Grade Physical Education

A. Grammatical Objectives:

1. Recognize that God is Lord over the physical world and that He commands us to love Him with all of our strength.
2. Recite Mark 12:30-31
3. Perform locomotor skills at a mature level: leaping, hopping, sliding, skipping, and galloping.
4. Jump rope 20 times.
5. Use manipulative skills (throwing, catching, kicking, striking, and trapping) in game situations for sports like soccer, basketball, and baseball.
6. Participate in the Presidential Fitness Challenge twice a year.
7. Acknowledge that to stay physically fit they must exercise three times a week, at an elevated heart rate, and for at least 20 minutes.
8. Recall that before exercising it is important to warm-up their bodies.
9. Recall that there are four major muscle groups: arm/shoulder, abdominal, lower back, and legs.
10. Identify the five elements of motor fitness as speed, balance, coordination, agility, and power.
11. Treat classmates with love and respect, lifting each other up according to Biblical standards.
12. Demonstrate Biblical attitudes and behavior.

B. Grammar Teaching Methods:

1. Large and small group instruction, demonstration, and practice

C. Primary Texts and Materials

1. *Physical Education K-2*. Christian Schools Internationals
2. Various equipment: balls, bats, jump ropes, etc.

D. Approximate Time Per Week: 1 hours