

4th Grade At A Glance

Themes <i>Duration</i>	Movement	Fitness	Attitude	Benchmark Rubrics
Basic Training <i>Two Weeks</i>	4.1A Traveling, 4.1F Jumping, 4.1G Weight Transfer, 4.1K Manipulative Skills, 4.2A Movement Elements, 4.2B Personal Space, 4.2C Performance	4.3F Recreation, 4.4B MVPA, 4.4H Rest/Sleep, 4.4I Improvement, 4.5A Safety, 4.5B Proper Attire, 4.5C Cycling & Skating, 4.5D Risks	4.6A Compliance, 4.6B Safe Environment, 4.7A Rules, 4.7C Work Independently, 4.7D Cooperation	BM.4.10 BM. 4.12
FitnessGram <i>Two Weeks</i>	4.2B Personal Space, 4.2C Performance	4.3B Fitness Components, 4.3C Promote Flexibility, 4.3D Improve Flexibility, 4.3E Strength/Endurance, 4.4A Heart Rate, 4.4C Measuring Fitness	4.6B Safe Environment 4.7A Rules	BM. 4.8 BM.4.9 BM.4.12
Dance Revolution <i>Three Weeks</i>	4.1C Footwork, 4.1E Body Control, 4.1H Creative Sequence 4.1I Folk Dance Steps, 4.2B Personal Space	4.3A Enjoyment, 4.3C Promote Flexibility, 4.4A Heart Rate, 4.4B MVPA	4.7A Rules 4.7C Work Independently 4.7D Cooperation	BM. 4.2 BM. 4.8
Match Point <i>Two Weeks</i>	4.1K Manipulative Skills, 4.2A Movement Elements	4.3A Enjoyment 4.4B MVPA, 4.5A Safety,	4.6B Safe Environment, 4.7A Rules, 4.7B Sportsmanship, 4.7D Cooperation	BM. 4.4-5 BM. 4.8 BM.4.10-12
Roll with the Flow <i>Four Weeks</i>	4.1E Body Control, 4.1F Jumping, 4.1G Weight Transfer, 4.1H Creative Sequence, 4.2B Personal Space, 4.2C Performance	4.3A Enjoyment, 4.3C Promote Flexibility, 4.3D Improve Flexibility, 4.4D Muscles, 4.4G Stress Relief, 4.5A Safety, 4.5B Proper Attire, 4.5D Risks	4.6B Safe Environment, 4.7A Rules, 4.7C Work Independently, 4.7D Cooperation,	BM.4.10 BM.4.12
Go Team Go <i>Six Weeks</i>	4.1A Traveling, 4.1B Catching, 4.1K Manipulative Skills, 4.2A Movement Elements, 4.2B Personal Space, 4.2C Performance, 4.2D Mature Movement	4.3A Enjoyment, 4.3D Improve Flexibility, 4.3E Strength/Endurance, 4.3F Recreation, 4.4A Heart Rate, 4.4B MVPA, 4.4C Measuring Fitness, 4.4D Muscles, 4.4I Improvement, 4.5A Safety	4.6A Compliance, 4.7A Rules 4.7B Sportsmanship, 4.7C Work Independently, 4.7D Cooperation	BM. 4.1 BM. 4.5-8 BM. 4.11-12
Hit Me with your Best Shot <i>Six Weeks</i>	4.1A Traveling, 4.1B Catching, 4.1K Manipulative Skills, 4.2B Personal Space, 4.2C Performance, 4.2D Mature Movement	4.3A Enjoyment, 4.3F Recreation 4.4B MVPA, 4.4G Stress Relief, 4.5A Safety, 4.5D Risks	4.6A Compliance 4.6B Safe Environment, 4.7A Rules, 4.7B Sportsmanship 4.7D Cooperation	BM. 4.5-6 BM. 4.8 BM. 4.11-12
Go Ahead and Jump <i>Three Weeks</i>	4.1C Footwork, 4.1D Height/Distance Jump, 4.1F Jumping 4.1J Long Rope, 4.2B Personal Space, 4.2C Performance	4.3A Enjoyment, 4.3E Strength/Endurance, 4.3B Fitness Components, 4.4B MVPA, 4.4C Measuring Fitness, 4.4F Benefits, 4.5B Proper Attire	4.6A Compliance, 4.6B Safe Environment, 4.7A Rules, 4.7B Sportsmanship, 4.7D Cooperation	BM. 4.3 BM. 4.8 BM.4.12

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Let's Get Physical <i>Four Weeks</i>	4.1A Traveling, 4.1E Body Control, 4.1F Jumping, 4.1K Manipulative Skills, 4.2B Personal Space, 4.2C Performance,	4.3A Enjoyment, 4.3C Promote Flexibility, 4.3E Strength/Endurance, 4.3F Recreation, 4.4A Heart Rate, 4.4B MVPA, 4.4D Muscles, 4.4E Nutrition, 4.4F Benefits 4.4G Stress Relief, 4.4H Rest/Sleep	4.6A Compliance, 4.6B Safe Environment, 4.7A Rules, 4.7C Work Independently	BM. 4.9
Safe Routes to School <i>One Week</i>	4.1A Travelling, 4.1E Body Control, 4.1F Jumping, 4.1G Weight Transfer	4.3A Enjoyment, 4.5A Safety, 4.5B Proper Attire, 4.5D Risks	4.6A Compliance, 4.6B Safe Environment, 4.7A Rules, 4.7C Work Independently, 4.7D Cooperation	SafeCyclist Knowledge Test
Coordinated School Health <i>12 Days</i>	4.1A Locomotor Skills 4.1C Sequences 4.1K Manipulative Skills	4.3E Endurance, 4.3D Flexibility 4.4B MVPA, 4.4C Strength 4.5A Safety	4.7A Rules 4.7B Sportsmanship 4.7D Cooperation	BM. 4.3 BM. 4.9-12

