# Physical Education Curriculum and Goals

The Infant Jesus physical education curriculum for fourth grade is as follows.

At fourth grade level the students will:

* Improve coordination skills through throwing, catching, jump roping, dribbling, kicking, dodging, bowling, striking, and rhythm activities. (The New Hampshire State Jump Rope Test is given – speed jump and criss-cross.)
* Increase aerobic fitness, muscular strength, and flexibility. (President’s Youth Fitness Program FitnessGram Assessment administered.)
* Reinforce spelling and math skills through game play.
* Understand vocabulary and concepts related to movement and sports.
* Learn to read nutrition facts about fat and carbohydrate levels on food labels.
* Build cooperation and sportsmanship through role-playing and problem-solving cooperative game play and invasion field sport games.
* Develop team sports skills through lead-up games.
* *Have fun moving!*

The above objectives will be accomplished through a variety of games and activities. Students are encouraged to run laps during a warm-up period at the beginning of each class. The President’s Youth Fitness Program FitnessGram Assessment and President’s Challenge Fitness Test will be administered, and each child will receive a fitness report card. All students are taught to speed jump and criss-cross, and the New Hampshire Jump Rope Test will be given in March. Students are also encouraged to complete a one mile run in the spring during warm-up, and “Top 5 Mile Times” and school records for each grade level will be recorded and posted.

The following sports skills are reinforced: underhand toss, overhand throw, soccer dribble, basketball dribble, basketball shooting, racket skills (badminton), hockey skills, volleyball serve, set, and bump, catching, dodging, rolling/bowling, and kicking skills. This is accomplished through lead-up games and activities. Teamwork and cooperative behaviors in games are emphasized.

We spend ***most of the fall and spring outdoors for class***, so make sure your child is dressed appropriately for the weather that day (and always in **tennis shoes, please**). Remember to send in your child’s permission form for traveling to Sullivan Park. Jewelry on gym day should also be avoided and **labeled water bottles** on gym days are always helpful. The “grand finale” of your child’s physical education year will be fun-filled field day in June.

Feel free to email me at boire@ijschool.org with any questions or concerns. Please read the “Physical Education Courtesy and Safety Rules,” which are also linked to my web site.