

**4<sup>th</sup> Grade**  
**Fitness & Health Concepts**  
*Cardiorespiratory Health and Function*

1st Trimester
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**Description:** Students will learn how the heart works to pump blood through the body as well Heart Disease prevention.

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
<p>PS 1.1.1: Applies locomotor, non-locomotor manipulative, balance, and rhythmic skills in traditional and non-traditional activities that contribute to movement proficiency.</p> <p>PS 1.1.5: Analyzes movement concepts.</p> <p>PS 1.2.1: Analyzes safety rules and procedures in a variety of physical activities necessary to maintain a safe-learning environment.</p> <p>PS 1.2.2: Applies social skills necessary for effective participation in physical activities.</p>	<p>Students:</p> <ul style="list-style-type: none"> <li>-explain the path blood travels through the body</li> <li>-identify Heart Disease risk factors</li> <li>-demonstrate pulse-taking procedures and the concept of intensity</li> <li>-recognize heart-strengthening activities</li> </ul> <p style="text-align: center;"><b>Activities that Support Assessment:</b></p> <ul style="list-style-type: none"> <li>*4<sup>th</sup> Grade Cardio Summative Assessment</li> <li>*Heart Obstacle Course</li> <li>*Cardio Scavenger Hunt</li> <li>*Flag Tag</li> <li>*Heart Rate Monitor</li> </ul>	<ul style="list-style-type: none"> <li>*PE Metrics Rubrics (<a href="#">link</a>)</li> <li>*www.pecentral.com</li> <li>*www.heart.org (American Heart Association)</li> <li>*JD Hughes’ Books: “No Standing Around in My Gym: Lesson Plans, games, and teaching tips for elementary physical education” and “PE2theMax: Maximize Skills, Participation, Teamwork, and Fun”</li> <li>*“Project Adventure: Achieving Fitness: An Adventure Activity Guide”</li> </ul>	<ul style="list-style-type: none"> <li>• Cardio</li> <li>• Respiratory</li> <li>• Endurance</li> <li>• Aerobic</li> <li>• Heart Rate</li> <li>• Risk Factor</li> <li>• Target Heart Rate</li> <li>• Resting Heart Rate</li> <li>• Maximum Heart Rate</li> </ul> <p><a href="#">Click here</a> for a comprehensive glossary of Fitness &amp; Health vocabulary terms.</p>

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
<p>PS 1.2.3: Applies strategies necessary for effective participation in physical activities.</p> <p>PS 1.3.1: Applies and analyzes components of health-related fitness.</p> <p>PS 2.1.1: Understands dimensions and indicators of health.</p> <p>PS 2.2.1: Understands the structure and function of body systems.</p>	<p>Introduction</p> <p>*Pedometer Activities</p> <p>*Bulldog</p>	<p>*“NASPE Physical Best Activity Guide- Elementary Level”</p> <p>*“Lessons From the Heart” book by Beth Kirkpatrick</p> <p>*“Adventure Curriculum for Physical Education- Elementary Curriculum”</p> <p>*“PE Connections-Helping Kids Succeed Through Physical Activity” by Fleming and Bunting</p> <p>*Heart/Lungs Structure Poster</p>	

**Curriculum Guide:**

- The curriculum guide gives an overview of the entire year.
- The curriculum guide provides a look at the learning targets and resources for a larger audience, therefore learning targets and description of evidence may be summarized with less detail.
- The curriculum guide is a public document on the district website.
- The curriculum guide answers the question – *What does a student learn in this course/content over the course of a year?*