

4th Grade
Fitness & Health Concepts
Bones/Skeletal System

3rd Trimester

Description: Students will understand an introduction to bone identification and bone health.

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>PS 1.2.3: Applies strategies</p>	<p>Students:</p> <ul style="list-style-type: none"> -will identify an introductory set of bones -understand the relationship between nutrition and bone health (specifically calcium) -identify lifelong fitness habits that can contribute to healthy bones <p style="text-align: center;">Activities that Support Assessment:</p> <ul style="list-style-type: none"> *4th Grade Bones Summative Assessment *Clothes-Pin Skeleton Relay *Bone Tag *Bone Relays 	<ul style="list-style-type: none"> *PE Metrics Rubrics (link) *www.pecentral.com *“Project Adventure: Achieving Fitness: An Adventure Activity Guide” *“NASPE Physical Best Activity Guide- Elementary Level” *“Adventure Curriculum for Physical Education- Elementary Curriculum” *“PE Connections-Helping Kids Succeed Through Physical Activity” by Fleming and Bunting 	<ul style="list-style-type: none"> • Cranium • Clavicle • Sternum • Vertebra • Ribs • Pelvis • Humerus • Ulna • Radius • Femur • Tibia • Fibia • Patella • Scapula <p>Click here for a comprehensive glossary of Fitness & Health vocabulary.</p>

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
<p>necessary for effective participation in physical activities.</p> <p>PS 1.5.1: Understands how the body's function and composition are affected by food consumption.</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>			

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?*