

Course Syllabus & Parent Guide

Course Description

Elementary PE 4-5 helps young learners establish a basic understanding of health and fitness. Students focus on health-related fitness and learn how to become more fit and healthy. Topics of study include warm-up and cool down, water safety, goal setting, nutrition, muscle strength and flexibility. In addition, students learn age-appropriate motor, non-locomotor, and manipulative skills. Students are required to participate in regular physical activity.

Units & Sections

This course is divided into the following Units and Sections. Each section within a unit can be completed in about one week.

SEMESTER 1

Unit 1: Course Introduction

- 1.1 Course Introduction
- 1.2 Get Moving
- 1.3 Your Fitness Level
- 1.4 Goal Setting

Unit 2: Safety

- 2.1 Warm Up / Cool Down
- 2.2 Exercise Safety
- 2.3 Water Safety
- 2.4 Posture & Technique

Unit 3: Improving Fitness

- 3.1 Components of Fitness
- 3.2 Heart Rate / Intensity
- 3.3 FITT Principle
- 3.4 Principles of Fitness

Unit 4: Physical Health

- 4.1 Skill vs. Health
- 4.2 Muscle Strength & Endurance
- 4.3 Flexibility
- 4.4 Body Composition

SEMESTER 2

Unit 5: Being Healthy

- 5.1 Course Introduction
- 5.2 Motivation
- 5.3 Your Fitness Level
- 5.4 Dimensions of Health

Unit 6: Game Play

- 6.1 Game Strategy
- 6.2 Evaluating Performance
- 6.3 Water Safety
- 6.4 Cross-Training

Unit 7: Nutrition

- 7.1 MyPlate
- 7.2 Nutrition & Exercise
- 7.3 Calorie Intake vs. Expenditure
- 7.4 Food Choices

Unit 8: Sportsmanship

- 8.1 Teamwork & Cooperation
- 8.2 Respecting Others
- 8.3 Benefits of Fitness
- 8.4 Staying Active

Course Tasks

Each section has the following tasks:

- **Game Plan**—an outline of tasks for that section
- **Lesson**—multimedia lessons about the section topic
- **Quiz***—answer questions from the lesson
- **Activity Log***—a record of weekly physical activity

Each section has one of these additional tasks as well:

- **Skills**—watch, learn, and practice new skills
- **Brain Exercise***—respond to a fitness question
- **Assignment***—section assignment
- **Skills Check***—demonstrate unit skills

The items marked with * should be submitted for a grade.

Physical Activity Requirements

This course requires:

1. 14 weeks of physical activity per semester
2. Exercise at least 120 minutes each week
3. Exercise at least four days each week
4. Perform a variety of skills

Students can perform any type of activities they like. Families are encouraged to participate in activities together. Ideas and recommendations can be found in the activity library. Students may also count their skills practice as part of the activity time.

Students should submit activity logs within one week of completion. If activities are not performed with a teacher, parent or supervising adult verification should be submitted to teacher via email at the end of every unit.

Skills

In each unit students will be learning new non-locomotor, motor, or manipulative skills. Typically students will learn skills in the first week of a unit. Students should practice the skills throughout the unit. Recommended games and activities to reinforce each skill can be found on each skills page.

At the end of each unit, students will demonstrate skills. These “Skills Checks” can be performed in three ways, according to the teacher’s instructions.

1. Student demonstrates skills for the teacher if a face to face meeting is available.
2. Student demonstrates skills for parent or supervising adult. Adult complete and returns a Skills Check report to teacher.
3. Take a video of student performing skills and upload for teacher review.

Please check with teacher for further instruction. More information can also be found within the Skills sections of each unit.