



# Woodridge Fourth Grade PE Year at a Glance (YAG)



First Semester		Second Semester	
1 <sup>st</sup> Nine Weeks – 40 days		3 <sup>rd</sup> Nine Weeks – 45 days	
<p><b>TEKS</b> 4.1<a href="#">ACE</a></p> <p>4.1<a href="#">BEFK</a></p> <p>4.1<a href="#">K</a> 4.2<a href="#">ACD</a></p> <p>4.1<a href="#">IJ</a></p> <p>4.1<a href="#">ABCD</a> 4.6<a href="#">B</a></p> <p>4.5<a href="#">ABD</a> 4.6<a href="#">B</a></p> <p>4.5<a href="#">ABCD</a> 4.6<a href="#">AB</a> 4.7<a href="#">ACD</a></p> <p>4.4<a href="#">ACD</a></p>	<p style="text-align: center;"><b>Units</b></p> <p><b>Locomotor Skills:</b> reinforcement of all locomotore skills including chasing and fleeing</p> <p><b>Body Management:</b> applies skills such as rolling, jumping, throwing, catching, and striking using correct body alignment in lead up games</p> <p><b>Manipulatives:</b> dribble with hands and feet while keeping control of the ball</p> <p><b>Rhythms/Dance:</b> individual and long jump rope, group fitness and Drum Fit</p> <p><b>Movement Concepts:</b> personal space, boundaries, start/stop, levels of movement, pathways, speed/tempo, directions and Pacer Test</p> <p><b>Safety:</b> gym and playground rules, water, restroom and emergency procedures</p> <p><b>Social:</b> demonstrates responsible behavior, self direction and cooperation with others; uses all equipment safely</p> <p><b>Health &amp; Body:</b> identify major bones and muscles, understands the concept of pacing during cardiovascular activities.</p>	<p><b>TEKS</b> 4.1<a href="#">AD</a></p> <p>4.1<a href="#">DEFG</a></p> <p>4.1<a href="#">K</a> 4.2<a href="#">ABCD</a></p> <p>4.1<a href="#">HIJ</a></p> <p>4.3<a href="#">BCDE</a></p> <p>4.5<a href="#">ABCD</a></p> <p>4.6<a href="#">AB</a> 4.7<a href="#">ABCD</a></p> <p>4.4<a href="#">ABCDEFGHI</a></p>	<p style="text-align: center;"><b>Units</b></p> <p><b>Locomotor Skills:</b> proper form and body alignment while lifting, carrying, pushing or pulling heavier objects</p> <p><b>Body Management:</b> perform sequences using good body control with combined stationary balance, jumping and landing, transfer of weight along and over equipment</p> <p><b>Manipulatives:</b> volley to self and others</p> <p><b>Rhythms/Dance:</b> performs movement sequences with a beginning, middle and end. Jump bands.</p> <p><b>Movement Concepts:</b> basic resistance training techniques</p> <p><b>Safety:</b> Bike Rodeo safety</p> <p><b>Social:</b> uses good conflict resolution strategies in game play situations</p> <p><b>Health &amp; Body:</b> understands the relationship between physical activity/inactivity, nutrition, sleep/rest, and stress relief activities.</p>
2 <sup>nd</sup> Nine Weeks – 43 days		4 <sup>th</sup> Nine Weeks – 45 days	
<p><b>TEKS</b> 4.1<a href="#">ACEG</a></p> <p>4.1<a href="#">CDEFG</a></p> <p>4.1<a href="#">K</a> 4.2<a href="#">AC</a></p> <p>4.1<a href="#">HIJ</a></p> <p>4.2<a href="#">BCD</a></p> <p>4.5<a href="#">ABD</a> 4.6<a href="#">B</a></p> <p>4.6<a href="#">A</a> 4.7<a href="#">ABCD</a></p> <p>4.3<a href="#">ABCDE</a></p>	<p style="text-align: center;"><b>Units</b></p> <p><b>Locomotor Skills:</b> locomotor skills performed in dynamic situations with changes in speed and direction/pathways</p> <p><b>Body Management:</b> moving in and out of balanced positions with control and appropriate form</p> <p><b>Manipulatives:</b> striking objects to self and others using racquets</p> <p><b>Rhythms/Dance:</b> demonstrates simple combinations in rhythmical activities</p> <p><b>Movement Concepts:</b> strategies to increase speed, agility and coordination (circuit training)</p> <p><b>Safety:</b> equipment, climbing and exercise safety</p> <p><b>Social:</b> works with others of varying skill levels in a positive manner</p> <p><b>Health &amp; Body:</b> completes a health-related personal fitness assessment (Fitnessgram Testing)</p>	<p><b>TEKS</b> 4.1<a href="#">ABC</a> 4.7<a href="#">AB</a></p> <p>4.3<a href="#">ABCDE</a></p> <p>4.1<a href="#">B</a> 4.2<a href="#">ABCD</a></p> <p>4.1<a href="#">HI</a></p> <p>4.1<a href="#">D</a> 4.3<a href="#">E</a></p> <p>4.5<a href="#">ABCD</a></p> <p>4.7<a href="#">AB</a></p> <p>4.4<a href="#">ABC</a></p>	<p style="text-align: center;"><b>Units</b></p> <p><b>Locomotor Skills:</b> combinations of non-locomotor, locomotor, and manipulatives in lead up games/activities</p> <p><b>Body Management:</b> introduce yoga</p> <p><b>Manipulatives:</b> combinations of skills using balls</p> <p><b>Rhythms/Dance:</b> creates and performs a routine including movement sequences and basic dance steps</p> <p><b>Movement Concepts:</b> use of plyometrics to increase “explosiveness”</p> <p><b>Safety:</b> sun and water</p> <p><b>Social:</b> appropriately responds to winning and losing in competitive situations</p> <p><b>Health &amp; Body:</b> understands target heart rate and how to monitor it</p>



**Woodridge  
Fourth Grade PE  
Year at a Glance (YAG)**

