

# **Physical Education**

## **Pacing Guide**

### **Grade 4**



**2004**  
**REVISED 2012**

**Long Beach Unified School District  
Christopher Steinhauser, Superintendent**

**PHYSICAL EDUCATION PACING GUIDE  
GRADE 4**

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## Elementary Physical Education Pacing Chart Grades 1-5

Pacing charts are used to help teachers pace their instruction so they can make sure they teach all of the essential information in a given course of study. Pacing Charts serve to give a sense of how long to spend on a given series of lessons or units. California Education Code Section 51210 mandates a minimum of 200 minutes of Physical Education instruction every ten days for grades 1-6.

The attached Pacing Chart is a guide for 36 weeks of Physical Education instruction.

The information in the top row of the following table explains the content of each column of the pacing chart.

The week number during the school year and the unit in the Lesson Plans	The LBUSD grade level Physical Education Content Standards addressed	The general type of skills or concepts addressed	The specific skills and concepts addressed	The name of activities in which the standards and skills are introduced, practiced, and reviewed	The resource and page on which the lesson's skill or concept is described and/or the directions for the activity are listed LP = Lesson Plans* SFA = Sport for All Cards**
<b>Week</b>	<b>Focus Standard And Support Standards</b>	<b>Unit Focus</b>	<b>Skills</b>	<b>Activity</b>	<b>Resources for Concept and Activity</b>

\*Example: "LP: Lesson 7, P. 52" = Lesson 7 on page 52 of the grade level **Physical Education Lesson Plans**.

All teachers should have the appropriate grade level **Physical Education Lesson Plans**.

\*\*Example: "SFA Green 5" = Green (Sport Play) **Sport For All** card #5.

Each school has at least one set of both green (Sport Play) and blue (Sport Skill Basic) **Sport For All** cards

### **Physical Education Lesson Plans:**

Each lesson of the **Lesson Plans** indicates: **Equipment** needed (A comprehensive recommended **Equipment** list is on Page 1 of the Lesson Plans. Most items are in the District Stock Catalog.) **Warm-ups** - Exercises for warm-ups are listed on page xii-xiv of Lesson Plans. **Concepts** - The **Concept** is provided to the students either at the start of the lesson or at various points throughout the lesson. Do not confuse the **Concept** with the **Student Activities**. **Student Activities** - Students engage in activities to learn and reinforce concepts and skills. **Closure** - Review questions.

See "page "i" of **Lesson Plans** for further explanation. The numbers in parentheses ( ) in the **Lesson Plans** indicate the Region 9 Standard addressed. Correlation of Region 9 Standards to LBUSD Standards is on the very first page of the **Lesson Plans**.

Fitness concepts and activities, as well as social skills' concepts and activities, should be addressed, reviewed, and practiced in physical education lessons throughout the year.

Physical Education Pacing Guide Overview Grade 4

Week	Unit Focus	Standards
1	Introduction to Physical Education	5
2	Social Skill: Respect	5
3	Fitness: Pre-Test	3, 4, 5
4	Fitness: Pre-Test	3, 4, 5
5	Jump Ropes: Short Ropes	1
6	Jump Ropes: Create a Routine	1
7	Jump Ropes: Long Ropes	1, 2
8	Throwing, Rolling, & Catching: Underhand Throw	1, 2
9	Throwing, Rolling, & Catching: Rolling & Catching	1, 2
10	Throwing, Rolling, & Catching: Overhand Throwing	1, 2
11	Basketball Skills: Dribbling	1, 2
12	Basketball Skills: Passing	1, 2

Week	Unit Focus	Standards
13	Volleyball Skills: Volleying	1, 2
14	Volleyball Skills: Underhand Serve	1, 2
15	Striking with Implements: Paddles	1, 2
16	Striking with Implements: Partners	1, 2
17	Striking with Implements: Bats	1, 2
18	Soccer Skills: Kicking Skills	1, 2
19	Soccer Skills: Dribbling	1, 2
20	New Games: Small Games	3, 5
21	New Games: Respect	3, 5
22	New Games: Courtesy	3, 5
23	Parachute Activities: Games	3, 5
24	Parachute Activities: Routines	3, 5

Week	Unit Focus	Standards
25	Rhythm & Dance: Grapevine & Lummi Sticks	1, 5
26	Rhythm & Dance: Virginia Reel/Tinikling	1, 5
27	Rhythm & Dance: Popcorn	1, 5
28	Stunts & Tumbling: Stunts	1, 5
29	Stunts & Tumbling: Tumbling	1, 5
30	Stunts & Tumbling: Routine Creation	1, 2, 5
31	Fitness: Post-Test: Flexibility	3, 4, 5
32	Fitness: Post-Test: Muscular Strength	3, 4, 5
33	Fitness: Post-Test: Muscular Endurance	3, 4, 5
34	Culminating Review Activities	1, 2, 3, 4, 5
35	Culminating Review Activities	1, 2, 3, 4, 5

36	Culminating Activities and Closure	1, 2, 3, 4, 5
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Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
<b>0</b>		Teacher Preparation	Background Information and Review for Teacher	Read Orientation to Physical Education Lessons  Standards	LP: p. i, v-vii, xii-xiv  LBUSD 4 <sup>th</sup> Grade Standards
<b>1</b> Introduction  Unit 1, Lessons 1-3	5	<b>Introduction</b>  Rules Procedures Routines  Social Skills (Fleece Balls, Cones, Hoops)	Safety (Including Attire)  Equipment Signals Formations Boundaries Warm-up Stretching Techniques	Safety Lesson  PE and Playground Equipment Start/Stop Class Management Playing Areas General Specific	LP: p. v; Lesson 1, p.5; LBUSD playground safety video available thru OMS LP: Lessons 2-4, p.5-6 LP: p. v Lessons 4-5, p.6 LP: p. vi-vii LP: Lesson 4, p.5 LP: p. xii LP: p. xii-xiv
<b>2</b> Unit 1, Lessons 1-3 Pages 6-7	5.5 5.4 5.5	Social Skills Respect	Demonstrate Respect During Activity	T-Chart for Respect Toss-a-Name Game Toss-a-Name Game w/Thank You Keep It Up Interest Circle  Group Juggling	LP: Lesson 1, Page 6 LP: Lesson 1, Page 6 LP: Lesson 2, Page 6 LP: Lesson 3, Page 7 LP: Lesson 1, Page 9  SFA Blue 23

LP = 4th Grade Standards Based Lesson Plans  
SFA Green = Green Sport for All Cards, ages 5-7  
SFA Blue = Blue Sport for All Cards, ages 8-10  
FM = Fitnessgram Test Administration Manual (4th Ed.)

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<p><b>3-4</b> Units 2 &amp; 3, Lessons 1-5, Lessons 1-7 Pages 9-16</p>	<p>3.3 3.4 3.7 3.8 3.9 4.2 4.3 4.4 4.5 4.7 5.1 5.2</p>	<p>Fitness Fitness Pre-Test</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Pages in Fitnessgram Manual for Directions:</p> <p>Healthy Fit.Zones.61-62 Pacer Test.....28-32 Mile Run.....32-33 Curl-Up.....42-44 Trunk Lift.....45-46 Push-Up.....47-48 Sit and Reach.....53-54 Shoulder Stretch 55-56</p> </div>	<p>Preparation for Fitness Pre-Test Fitness Pre-Tests Cognitive Concepts</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Fitness Tests – When each test is given, review with students what component of fitness the test measures. Provide opportunity for students to record their individual scores and compare them to the Healthy Fitness Zone for their age. Although individual scores should be recorded, to avoid embarrassing individuals while they test, students should be tested in groups, not individually.</p> </div>	<p>Back Saver Sit and Reach Trunk Lift Push-ups Curl-ups Mile Run/Pacer Run</p> <p>Fitness Activities Fitness Stations</p>	<p>LP: Physical Fitness, Pages vii-x LP: Lessons 1-7, Pages 13-16 FM p. 53-54 FM p. 45-46 FM p. 47-48, SFA Blue 29 FM p. 42-443, SFA Blue 30 FM p. p. 28-33 Fitnessgram Manual (See 5<sup>th</sup> grade teachers for location of manual— all schools have the manual) SFA Blue 29 SFA Blue 30</p>

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Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
<p style="font-size: 24pt; font-weight: bold;">8-10</p> <p style="font-weight: bold;">Continued</p> <p>LP: Unit 5 Lessons 1-14 Pages 27-37</p>	<p>1.6</p> <p>1.7</p> <p>1.9</p>	<p>Throwing, Rolling, and Catching (Fleece Balls, Variety of Balls, Cones, Beanbags)</p>	<p>Catching</p>	<p>Rolling-Turkey Ball</p> <p>Catching Teaching Cues</p> <p>Catch and Receive - On Your Own</p> <p>Catch and Receive – Body Part</p> <p>Catch and Receive with Partner</p> <p>Catch and Receive – Egg Toss</p> <p>Catch and Receive – Beat the Clock</p> <p>Circle Keep Away</p>	<p>LP: Lesson 2, Page 30</p> <p>SFA Blue 15</p> <p>SFA Blue 16</p> <p>SFA Blue 17</p> <p>SFA Blue 18</p> <p>SFA Blue 19</p> <p>SFA Blue 20</p>
			<p>Overhand Throwing</p>	<p>Overhand Throw Teaching Cues</p> <p>(Can use these activities for both underhand and overhand throwing)</p> <p>Throwing with Partner</p> <p>Throwing Targets Everywhere</p> <p>Throwing – PIG</p> <p>Keep Away</p> <p>Create a Game</p>	<p>LP: Lesson 9, Page 35</p> <p>SFA Blue 12</p> <p>SFA Blue 13</p> <p>LP: Lesson 9, Page 35 SFA Blue 14</p>



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Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
15-17 Unit 7 Lessons 1-14 Pages 49-55	1.13 1.15 1.18 2.4 2.8	Striking with Implements (Bats, Paddles, Pickle Balls/Tennis Balls, Cones)	Paddle Tennis Skills	Striking Teaching Cues	LP: Lesson 1 Page 49
			Softball Skills	Striking Paddle/Racket On Your Own  Striking Paddle/Racket w/Others Striking w/ Bat Stations Create a Game	LP: Lesson 1, Page 49, SFA Blue 26 LP: Lessons 2-3, Pages 49-50 SFA Blue 29 LP: Lessons 4-6, Pages 50-51 LP: Lessons 9-11, Pages 53-54 LP: Lessons 12-14, Page 55
18-19 Unit 8 Lessons 1-12 Pages 57-63	1.10 1.11 1.12 1.16 1.19 2.6 2.7	Soccer Skills (Soccer Balls, Beanbags, Cones, Play balls)	Foot Skills	Instep Kick Teaching Cues	LP: Lesson 1, Page 57
			Kicking and Passing	Instep Kick Trapping  Inside Kick Teaching Cues  Inside Kick Dribbling Juggling Stations	LP: Lesson 1, Page 57 LP: Lesson 2, Page 58  LP: Lesson 3, Page 59  LP: Lessons 3-4, Page 59 LP: Lessons 5-8, Pages 60-62 LP: Lessons 10-11, Pages 62-63 LP: Lesson 12, Page 63
			Kicking and Dribbling	Kicking – Forceball Kicking ABC Kicking World Cup Goalkeeper Kicking Runaround Kick Squash Rogueball	SFA Blue 30 SFA Blue 31 SFA Blue 32 SFA Blue 33 SFA Blue 34 SFA Blue 35

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20-22 Unit 9 Lessons 1-15 Pages 64-72	3.1 3.3 5.5	New Games (Hula Hoops, Blindfolds, Cones, Balls)	Small Games Respect	Rock, Paper, Scissors Team Ball Crazy Ball Knots, Clocks Line Up, Spirals Triangular, Courtesy Tag Capture the Flag Create a Game	LP: Lesson 1, Page 65 LP: Lesson 2, Page 65 LP: Lessons 3-4, Page 66 LP: Lessons 5-6, Page 67 LP: Lessons 7-8, Page 68 LP: Lessons 9-10, Page 69 LP: Lessons 11-12, Page 70 LP: Lessons 13-15, Pages 71-72
23-24 Unit 10 Lessons 1-15 Pages 73-82	3.3 5.5	Parachute Activities (Parachute, Variety of Balls)	Parachute	Grip Mushroom Parachute Games Create a Game Routine	LP: Lesson 1, Page 74 LP: Lesson 2, Page 75 LP: Lessons 3-4, 6-9, Pages 75-79 LP: Lessons 10-13, Pages 80-81 LP: Lessons 14-15, Page 82
25-27 Unit 11 & 12 Lessons 1-15 Pages 84-93	3.3 2.10 1.22 5.5	Rhythm & Dance (Music, Lummi Sticks, Tinikling Poles)	Rhythm Dance	Grapevine Lummi Sticks Virginia Reel Tinikling (providing you have Tinikling Poles) Popcorn	LP: Lesson 1, Page 84 LP: Lessons 2-4, Page 85 All Time Favorite Dances CD LP: Lessons 5-15, Pages 86-93  Fun Dances For Everyone CD and Steps Packet

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28-30 Unit 13 Lessons 1-15 Pages 106-114	1.1 1.22 2.10	Stunts & Tumbling (mats or grass needed for most activities)	Stunts  Tumbling Skills  Tumbling and balance activities should be on mats, carpet, or clean, dry grass. Gymnastic forward and backward rolls are performed optionally. Injury may result if children are forced to do rolls for which they lack necessary strength, flexibility or	Trust Fall Tripod Balance Headstands  Tumbling Skills Mule Kick Rolls Routines	LP: Lesson 1, Page 106 LP: Lesson 4, Page 108 LP: Lessons 5-6, Page 108  LP: Lessons 2-3, Page 106 LP: Lesson 7, Page 109 LP: Lessons 8-12, Pages 110-112 LP: Lessons 13-15, Pages 113-114
31-33 Unit 14 Lessons 1-8 Pages 115-119	3.1 3.3 3.4 3.8 3.9 4.2 4.3 5.1 5.2	Fitness  Fitness Post-Test	Preparation for Fitness Post-Test Fitness Post-Tests  Cognitive Concepts	Back Saver Sit and Reach Trunk Lift Push-ups Curl-ups Mile Run/Pacer run  Fitness Activities Fitness Stations	LP: Physical Fitness, Pages vii-x LP: Lessons 1-8, Pages 115-119 FM p. 28-29 FM p. 23 FM p. 24-26, SFA Blue 29 FM p. 21-23, SFA Blue 30 FM p. p. 10-11 Fitnessgram Manual (See 5 <sup>th</sup> grade teachers for location of manual— all schools have the manual) SFA Blue 29 SFA Blue 30
34-36 Unit 15 Lessons 1-7 Pages 121-123	3.4 5	Review of Skills and Concepts Closure (Variety of equipment)	Culminating Activities Recap & Review	Brainstorm Analyze Practice Plan Kindergarten Buddy	LP: Lessons 1-4, Pages 121-122  LP: Lessons 5-7, Pages 122-123

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