

**Springfield Public Schools**  
**K-5 PHYSICAL EDUCATION**

**4th/5th GRADE**  
**MAJOR INSTRUCTIONAL GOALS**

The intent of the Springfield R-12 Physical Education Program is:

- 1) Students will demonstrate locomotor and non-locomotor movements in a variety of activities. (HPE4; 2.1)
  - Design and perform tumbling and dance sequences that combine locomotion, rolling, balancing and weight transfer.
- 2) Students will develop movement patterns utilizing concepts of body awareness, spatial awareness, effort and relationships. (HPE4; 2.1)
  - Demonstrate mature motor patterns during gross motor activities.
- 3) Students will demonstrate manipulative skills in a variety of activities. (HPE4; 2.4)
  - Demonstrate sport skills using both accuracy and distance.
- 4) Students will apply knowledge of fundamental movement skills to more complex activities. (HPE4; 1.6, 1.10, 2.1)
  - Demonstrate motor skills for lead-up sports skill games.
  - Balance with control on a variety of objects.
  - Exhibit rhythmic activity utilizing basic rhythm steps and techniques.
  - Demonstrate an understanding of fundamental skills of individual/dual, team, and recreational activities studied.
- 5) Students will demonstrate the basic physiological principles of health-enhancing physical fitness. (HPE2, 4; 1.4, 4.7)
  - Recognize proper diet, recreation, work and exercise as components of a balanced lifestyle.
  - Identify and describe physiological changes that occur during exercise.
  - Demonstrate a proficient level of basic health fitness standards on a designated test battery.
  - Identify and correctly demonstrate exercises designed to improve and maintain muscular strength, muscular endurance, flexibility and cardiovascular functioning.
  - Monitor heart rate before, during and after activity.
  - Recognize physical activity as a stress management tool.
  - Utilize technology to help monitor fitness.

- 6) Students will apply the principles of health-enhancing physical fitness to develop a physically active lifestyle. (HPE2, 4; 1.4, 1.6, 1.10, 4.7)
  - Select physical activities that could be done at home for personal enjoyment.
  - Recognize the positive outcomes from participation in physical activity as a component of healthy living.
  - Actively participate in physical fitness exercises and activities.
  
- 7) Students will demonstrate safety skills and habits with respect to self and others. (HPE2; 4.7)
  - Demonstrate safety procedures when using sport equipment.
  - Identify and demonstrate knowledge of rules and basic offensive and defensive strategies of lead-up sports skill games.
  - Exhibit the ability to participate with cooperation, sportsmanship and self-control in directed physical activities.
  - Recognize personal safety procedures during learning activities and game play.
  
- 8) Students will demonstrate responsible social skills while participating in physical activity settings. (HPE; 1.10, 2.3, 3.1, 4.6)
  - Demonstrate desirable social characteristics while participating in physical education activities.
  - Recognize and accept differences and similarities in other's physical abilities.