
Coal City Unit District #1
Fourth Grade
Physical Education Curriculum

- PE.4:1 Students will demonstrate an understanding and the skills necessary in racket sports. (IL 19A, 19B, 19C, 20A)**
- PE.4:1-1 Identify and verbally name the proper serving line when asked and during play.
 - PE.4:1-2 Execute contact between racket and object during a serve.
 - PE.4:1-3 Demonstrate manipulative skills using a variety of changes in effort, flow, space, time, weight transfer, balance, and application of force.
 - PE.4:1-4 Participate and apply classroom rules without interfering with others or objects during play.
 - PE.4:1-5 Participate in activities that will improve hand-eye coordination.
- PE.4:2 Students will demonstrate the skills of basketball. (IL 19A, 19B, 19C, 20A, 20B, 20C)**
- PE.4:2-1 Show proper use of the backboard in basketball.
 - PE.4:2-2 Identify proper items on a basketball court.
- PE.4:3 Students will demonstrate the skills of cup stacking. (IL 19A, 21A, 19B, 19C)**
- PE.4:3-1 Execute 3-6-3 (up and down) in cup stacking.
 - PE.4:3-2 Execute 6-6 stack.
- PE.4:4 Students will demonstrate the skills of volleyball. (IL 19A, 20A, 19B, 19C)**
- PE.4:4-1 Demonstrate proper stance in the bump hit (feet and hands).
 - PE.4:4-2 Execute proper contact of a volleyball in a bump hit.
 - PE.4:4-3 Demonstrate proper stance for underhand serve in volleyball.
 - PE.4:4-4 Demonstrate proper contact and follow through in a serve.

PE.4:5 Students will demonstrate the skills of maintaining a health-enhancing level of physical fitness. (IL 19A, 19B, 19C, 20A, 20B, 20C, 21A)

- PE.4:5-1 Demonstrate and understand the benefits to different physical fitness tests.
- PE.4:5-2 Participate willingly in physical fitness related activities.
- PE.4:5-3 Demonstrate competency when using fitness equipment.
- PE.4:5-4 Show safe procedures during physical activities.
- PE.4:5-5 Continue to show improvement in skill related physical fitness.
- PE.4:5-6 Show the ability to find and monitor heart rate before and after physical activities.
- PE.4:5-7 Evaluate progress of fitness scores throughout the school year.
- PE.4:5-8 Identify personal fitness strengths and weaknesses.
- PE.4:5-9 Identify importance of proper techniques of warm-up and cool down.

PE.4:6 Students will demonstrate movement and cooperation skills while performing tasks that involve team building or problem solving skills. (IL19A, 19B, 19C, 21A, 21B)

- PE.4:6-1 Participate willingly in activities during team building or problem solving activities.
- PE.4:6-2 Accept responsibility for their own actions in group physical activities.
- PE.4:6-3 Perform cooperatively with a partner or small group to reach a shared goal during physical activity.
- PE.4:6-4 Show self-management skills when participating in team building or problem solving activities.