



# Cincinnati Hills Christian Academy

## Lower School Upper Elementary – Physical Education

### *Scope and Sequence*

**Vision:** Above all, physical education at CHCA reflects the high value God places on human life and the respect we have for each person in God’s community. Activities offer opportunities for spiritual growth where students are encouraged to explore how Christ would react. CHCA physical education helps students develop in cognitive, psychomotor, affective, and spiritual domains. The program and teaching faculty provide an environment that recognizes individual potential and encourages leadership and participation. Students grow in an understanding of rules, safety, and strategies of games and activities and develop skills and abilities through participation in a variety of team and individual activities. Physical Education incorporates the importance of health-enhancing, lifelong fitness. Students use their God-given gifts to engage in teamwork, individual achievement and physical fitness activities equipping them with a sense of self-esteem and sportsmanship to participate in a diverse society.

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**Standards:** What a CHCA student will know and be able to do in **Physical Education:** ●Exhibit responsible personal, social, cooperative, and Christ-centered behavior that respects self and others in physical activity settings. ●Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. ●Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. ●Participate regularly in and understand the costs and benefits of health-enhancing physical activities. ●Achieve and maintain a health-enhancing level of physical fitness. ●Engage in physical activity as it provides the opportunity for enjoyment, challenge, self expression, and social interaction..

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**Grade 4 Topics:** Folk, square, line and creative dance; Fitness; individual fitness evaluation, fitness components: strength, flexibility, cardiovascular endurance, exercises/fitness games and Relays; Speed Stacking; Throwing skills: baseball, football; Catching: grounder, fly, off center; Kicking skills: place kick and punt. Jump rope: intermediate long rope/short ropes skills, individual skills, intermediate partner skills; Team sports: modified games and skill drills for volleyball, basketball, football; Scooter Polo; Climbing Wall.