Course Title: INTERMEDIATE P.E.	**Course Description**
Course No. N/A **Grade level**: 4-6 **Text and Resources**: Teacher generated activities Physical education apparatus	**Course Duration**: *One Year **Credit Value**: N/A
Course Content: Key Course Objectives **The following objectives are based on Grades 4-6 Physical Education Standards:** 1. Students will understand how physical exercise conditions the heart, lungs and muscles. 2. Students progress toward accuracy in throwing, catching, manipulating the body in space, and striking with body parts and objects. 3. Students will develop an understanding of flexibility and an appreciation for the importance of warm-up and cool-down phases of exercise. 4. Students should be able to identify the fundamental strategies in simple games. 5. Students can distinguish between compliance and noncompliance with game rules. 6. Students can recognize and use fundamental strategies in simple games.	The manipulation of objects is the focus of the grades 4 and 5 physical education standards. During these grades, eye-hand coordination is improved, and fine-motor activities should be refined. Students will learn to manipulate objects in a variety of ways. They will learn about the concepts of projection. They will also develop an understanding of the benefits and effects of the various forms of exercise. Cooperative activities will help students begin to develop an awareness of individual differences related to gender, cultural heritage, ethnicity and physical ability. Students will be able to distinguish compliance and noncompliance with game rules and will use fundamental strategies in simple games. *Open entry/open exit
Methods of Study	**Evaluation of Performance Standards**
1. Students will complete all activities assigned. 2. Students will participate in discussion with other class members and/or teacher.	1. Students will complete all assignments with a minimum of 70% accuracy. 2. The supervising teacher will be satisfied with the quality of the student's work.