**📘 Physical Education Program – Grades 4–6**

**The Berean Co-op | 2025/26 | Thursdays | 45-Minute Classes**

The program is designed to provide a well-rounded and engaging experience that promotes physical literacy, teamwork, and personal growth. By integrating diverse activities and skills, this plan aims to foster a lifelong appreciation for health and wellness.

Each 45-minute session is structured to maximize effectiveness and student engagement, consisting of three key parts: a **10-minute warm-up** to prepare the body for activity, a **25-minute main activity** focused on skill development and teamwork, and a **10-minute cool-down** for safe recovery.

**Curriculum Modules**

The program is organized into four distinct modules that rotate throughout the year to provide skill development.

**Module 1: Fitness Personal Growth & Team Challenges**

This module focuses on general fitness, cooperation, and problem-solving through a variety of challenging and fun activities. It’s designed to help students reflect on their progress, set meaningful goals, and understand the connection between physical activity and personal wellness.

* **Activities:** Goal Setting / Personal Growth, Relay Races, Obstacle Course, Class Circuit Challenge, Monopoly Fitness Challenge, Prediction/Actual Heart Rate, Simon Says Fitness, FITGO.
* **Equipment:** Student notebooks or journals, pens/pencils, cones, hoops, jump ropes, station cards, dice, and timers.

**Module 2: Tag & Chasing Games**

This module builds fundamental motor skills such as agility, speed, and spatial awareness..

* **Activities:** Sharks and Minnows dodgeball, Bag the Beanbag, Duck Hunt, Opposites.
* **Equipment:** Cones, foam balls, beanbags, Tables/ hockey net as obstacles to hide behind.

**Module 3: Invasion, Net & Target Games**

This module introduces core skills for sports like basketball and volleyball, emphasizing passing, teamwork, and throwing/hitting accuracy. Badminton has been added to this module to group all net and court-based games together.

* **Activities:** Basketball, Volleyball, Badminton.
* **Equipment:** basketballs, basketball hoops, volleyball/ badminton nets, cones, badminton rackets, shuttlecocks.

**Extra Games**: Pirate Ship, Treasure Island, Tic-Tac-Toe Relay

**24-Week Program Schedule**

The following is a rough schedule rotating modules, starting with a focus on personal goals and fitness to begin the year.

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| **Weeks** | **Module Focus** | **Activities** |
| **Week 1** | Module 1 | Goal Setting / Personal Growth, Prediction/ Actual Heart Rate, Class Circuit Challenge |
| **Weeks 2-4** | Module 1 | Monopoly Fitness Challenge, Obstacle Course |
| **Weeks 5-7** | Module 2 | Sharks and Minnows dodgeball, Bag the Beanbag, Opposites |
| **Weeks 8-10** | Module 3 | Basketball |
| **Weeks 11-12** | Module 2 | Duck Hunt, Treasure Island |
| **Week 13** | Module 1 | Long Ball Chaos |
| **Weeks 18-20** | Module 3 | Volleyball |
| **Weeks 21-23** | Module 3 | Badminton |
| **Week 24** | Module 4 | Goal Setting / Personal Growth, Class Circuit Challenge |