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| **August-** Daily stretching **(flexibility)**, walking **(cardiovascular endurance)**, planks **(muscular strength-upper),** and leg lifts **(muscular strength-abdominal)**.  **September-** Daily stretching **(flexibility)**, walking **(cardiovascular endurance)**, planks **(muscular strength-upper)**, and leg lifts **(muscular strength-abdominal)**.  **October-** Daily stretching **(flexibility)**, walk/run **(cardiovascular endurance)**, wall pushups (**muscular strength-upper)**, and flutter kicks **(muscular strength-abdominal)**.  **November-** Daily stretching **(flexibility)**, sprints **(cardiovascular endurance)**, pushups/planks **(muscular strength-upper)**, and punch up sit-ups **(muscular strength-abdominal)**.  **December-** Daily stretching **(flexibility)**, timed laps **(cardiovascular endurance)**, pushups **(muscular strength-upper)**, and standing long jump **(muscular strength-abdominal)**.  **January-** Daily stretching **(flexibility)**, timed mile **(cardiovascular endurance)**, pushups with the Fitnessgram CD **(muscular endurance-upper)**, and sit-ups with the Fitnessgram CD **(muscular endurance-abdominal)**.  **February-Mid April-** Fitnessgram Testing  **May-** Review results of the Fitnessgram with students to determine if the students are within the healthy fitness zone.  **Benchmark:** 4th grade Fitnessgram test (Pre) and 5th grade Fitnessgram test (Post)  We will focus on Flexibility, Cardiovascular Endurance, Muscular Strength, and Body Composition everyday along with other components of physical education according to the Standards.  **Standard:** PE 4.4 and PE 5.4  Achieves and maintains a health-enhancing level of physical fitness.   1. Participants in criterion-referenced fitness assessments with close teacher guidance and supervision (Ex. Fitnessgram) and realizes whether he/she is with in the healthy fitness zone. 2. Matches items from a criterion-referenced fitness test to the health-related fitness components. | **1st QUARTER** |  |
| **2nd QUARTER** |
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| **3rd QUARTER** |
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| **4th QUARTER** |



**Laurens County Schools 4th and 5th Grades Physical Education Curriculum Map**

(15 days)