

# PHYSICAL EDUCATION

## GRADE 4

### Aim of Physical Education

Develop students' motor and games skills and equip them with the knowledge, skills and attitudes to pursue and enjoy a physically active and healthy lifestyle.

### Course Objectives

The school's PE programme should seek to develop in each student the ability to:

- a. Perform and enjoy a variety of physical activities with understanding
- b. Develop and maintain physical health and fitness through regular participation in physical activities
- c. Demonstrate positive self-esteem through body awareness and control
- d. Understand and apply thinking skills to PE
- e. Demonstrate the spirit of fair play, teamwork and sportsmanship
- f. Acquire safe practices during physical activities

### Main Topics Covered:

**Main Topics that will be covered throughout the year**

Students will go through one selected game per quarter. There will be post-exam games carnival at the end of 4th Quarter.

Fundamental Movements	Games	Health & Fitness Management	Athletics	Swimming
Refine, extend and increase the complexity of locomotors, non-locomotors and manipulative skills.	Demonstrate skills acquired in various modified games. <b>1. Handball</b> <b>2. Futsal</b> <b>3. Badminton</b>	Demonstrate an understanding of the benefits of physical well-being.	Acquire the knowledge and skills to perform fundamental athletic movements of throwing, jumping and running.	Swim one recognised stroke. <b>1. Front Crawl / Freestyle</b> <b>2. Breaststroke</b> <b>3. Backstroke</b>
	Demonstrate the ability to play the selected games as a team.	Select appropriate physical activities and perform them safely in order to maintain a healthy lifestyle.		Demonstrate confidence in water without buoyancy aids.
				Understand pool and water safety.

### Assessment

External	Internal	Weighting (%)
<i>None</i>	<ul style="list-style-type: none"> <li>• Skill Test</li> <li>• Attitude and Effort</li> <li>• Participation</li> <li>• Road Runner</li> <li>• Fitness</li> </ul>	25 20 20 20 15

### Staff:

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