












Physical-Education Solutions Program

Grades 4-5 Master Schedule

Wk	Section	Unit 1	Wk	Section	Unit 2
1	Physical Fitness Test	Personal Best 1	1	Physical Fitness Test	Personal Best 2
2	Rhythm & Dance 	Mexican Hat Dance	2	Fitness 	Who's Counting?
3		Troika	3		Fitness is for Me
4		Jump Rope Tinikling	4		Say Yes to Yoga
5		Physical Fitness Test Prep	PFT Training		5
6	Traveling 	There's a Space Between Us	6	Fitness 	Jump Start Your Heart
7		On Your Tail Tag	7		My Healthy Body
8		Physical Fitness Test	PFT Training		8
9	Jumping & Landing 	Roll 'n Jump	9	How FITT Are You?	
10		Circuit Jump	10	Muscle Madness	
11		One Up	11	Who's Counting?	
12	Physical Fitness Test	PFT Training	12	Fitness 	Fitness is for Me
13	Kicking and Dribbling with Feet 	Soccer Keep Away	13		Say Yes to Yoga
14		Punt Tag	14		Circuits of Fun
15		Hoop Kickball	15		Beating Heart Disease
16		Four Zone Soccer	16		Yoga In Motion
17	Physical Fitness Test	PFT Training	17	Fitness 	Jump Start Your Heart
18	Balance, Weight Transfer, Roll 	Stability Stunts	18		My Healthy Body
19		Circle of Stability	19		Fitness and Me
20		Balancing Act	20		How FITT Are You?



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Grades 4-5 Master Schedule

Unit 1			Unit 2		
Wk	Section		Wk	Section	
21	Physical Fitness Test	PFT Training	21		Muscle Madness
22		Dribble Like a Pro	22		Who's Counting?
23	Dribbling with Hands	Octopus Dribble Tag	23	Fitness	Fitness is for Me
24		Bounce and Chest Pass Keep Away	24		Say Yes to Yoga
25		Travel and Score	25		Circuits of Fun
26	Physical Fitness Test	PFT Training	26		Beating Heart Disease
27		Flying Disc Hoopsters	27		Yoga In Motion
28	Throwing and Catching	Flying Disc Keep Away	28	Fitness	Jump Start Your Heart
29		Fielder's Choice	29		My Healthy Body
30	Physical Fitness Test	PFT Training	30		Fitness and Me
31		Target Tennis	31		How FITT Are You?
32	Striking with Implements	Take Me Out to the Ballgame	32	Fitness	Muscle Madness
33		Tennis Mix It Up	33		Who's Counting?
34		Let's Pepper	34		Fitness is for Me
35	Volleying	Serve and Pepper	35		Say Yes to Yoga
36		You Name It	36	Fitness	Circuits of Fun
37	Physical Fitness Test	PFT Training	37		Yoga In Motion