

UPONLY LEARNING PRESENTS MOVE EVERY DAY · FREE PE

Grade 4 PE weekly plan

Ages 9–10. Five 30-minute sessions a week (our plan), with a 3-day version. Use it every week of the year; the skill part follows the current unit.

Student: _____ Week of: _____

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The Daily 60. 60 minutes or more of moderate-to-vigorous activity every day, with vigorous, muscle and bone activity on at least 3 days a week each (HHS, CDC). PE covers part; play, walks and chores cover the rest.

Talk test. Moderate: your student can talk but not sing. Vigorous: only a few words before a breath (CDC).

Safety rules for every session

- Warm up first.
- Clear the floor.
- Have water nearby.
- Wear sneakers, or go barefoot on a non-slip floor.
- Land softly.
- Stop if something hurts, or if you feel dizzy or sick.
- Tell an adult.

Equipment: sock ball (rolled socks), pillow or couch cushions, masking tape, towel, empty plastic bottles (as pins or cones), laundry basket, balloon, paper-plate paddle, jump rope (or a line on the floor), chair, water bottle.

Please read: Move Every Day is general education, not medical advice. Check with your student's doctor before starting a new activity program if your student has a heart, lung or other health condition, an injury, or a disability that affects movement. Stop and get medical help if your student faints, has chest pain, severe shortness of breath or dizziness during activity. In an emergency, call 911.

The 5-day week

Strength on Monday, Wednesday and Friday; jumps for bone on Tuesday, Wednesday and Friday; vigorous play on Tuesday, Thursday and Friday. Doses (our plan): 1 to 2 sets of 8 to 12 reps or 15 to 30 second holds; 40 to 60 soft landings a session.

Day	Warm-up (5 min)	Skill practice (10 min)	Fitness (strength or jumps) (7–8 min)	Game or dance (5 min)	Cool-down (3 min)	Done
Monday	March, arm circles, inchworm	This unit's skill	Squats 2 × 10, push-ups 2 × 8, plank 2 × 20 s	Tag	Quad and seated reach	☐
Tuesday	Jumping jacks, high knees	This unit's skill	Jump rope 3 × 30 s or line hops 3 × 15	Shuttle run game	Calf stretch, breaths	☐
Wednesday	Butt kicks, side slides	This unit's skill	Frog jumps 2 × 8, lunges 2 × 8 each, side plank	Balloon volley	Cat-cow	☐
Thursday	Freeze dance	Dance, rhythm or yoga	20 s on, 10 s off × 8: jacks, squats, mountain climbers, plank	Tag or student's choice	Child's pose	☐
Friday	Dynamic routine	This unit's skill game	Circuit 30 s on, 15 s off, 2 rounds: squats, push-ups, line hops, glute bridges	Family game	Stretch and log	☐

This week's unit skill

Write the unit and the skill from the grade page: _____

Teach it: I do, we do, you do

I do: You show the move and name 2 or 3 short cues, like "side to target, step, throw". **We do:** You practice together. Say one specific thing that went well and one cue to try next. **You do:** Your student practices alone, then uses the skill in the game. Watch and give one cue at a time. **Check:** At the end of the first week of each unit, use the quick check below. If it is not there yet, repeat the We do step.

The 3-day week

Each day has strength, jumps and a fast game, so three days still cover the 3 days of each.

Day	Warm-up (5 min)	Skill practice (10 min)	Fitness (strength or jumps) (7–8 min)	Game or dance (5 min)	Cool-down (3 min)	Done
Monday	March, jumping jacks	This unit's skill	Squats, push-ups, line hops 3 × 15	Tag	Seated reach	☐
Wednesday	High knees, side slides	This unit's skill	Frog jumps, lunges, plank	Shuttle run game	Cat-cow	☐
Friday	Dynamic routine	This unit's skill game	Circuit: squats, push-ups, jump rope, glute bridges	Family game	Stretch and log	☐

The year's units

Unit	Weeks	Focus	Sample session on the grade page
4.1 My fitness check	2–9	self-check, personal goals, logs	Set my goal
4.2 Jump rope skills	10–17	tricks, timed sets, bone health	Rope tricks
4.3 Net and wall games	19–26	volleying, rallying, positioning	Rally
4.4 Striking and fielding	27–34	sock-ball baseball, base running	Sock-ball baseball

Weeks 1 and 35: friendly self-check. Week 18: family field day. Week 36: student's choice.

I can

- ☐ I can check my own plank and wall sit and write them down.
- ☐ I can set a goal and track it for 8 weeks.
- ☐ I can jump rope for 30 seconds.
- ☐ I can do one jump rope trick.
- ☐ I can rally a balloon with a partner.
- ☐ I can hit a ball off a tee.
- ☐ I can take turns and follow the rules.

Full sessions, exercise cards and seated versions: www.uponlylearning.com/pe/grade-4.html

Sources:
U.S. Department of Health and Human Services, Physical Activity Guidelines for Americans, 2nd edition (2018), https://odphp.health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf
Centers for Disease Control and Prevention (CDC), Physical activity guidelines for students (2024), https://www.cdc.gov/physical-activity-education/guidelines/
Centers for Disease Control and Prevention (CDC), What counts for children and teens (2024), https://www.cdc.gov/physical-activity-basics/adding-children-adolescents/what-counts.html
SHAPE America, Guidelines (physical education time) (n.d.), https://shapeamerica.org/standards/guidelines/
American Academy of Pediatrics (AAP), HealthyChildren.org, Strength training (2011), https://www.healthychildren.org/English/healthy-living/sports/Pages/Strength-Training.aspx
Session times, reps and jump counts are our plan, not guideline numbers.