

# Grade 4

Adopted 2016

## Physical Activity Skills and Movement Patterns PE.4.1

- 1. Performs locomotor skills in a variety of environments. PE.4.1.1**
  - a. Performs various locomotor skills in different environments including rhythmic activities and tumbling. PE.4.1.1.A
  - b. Demonstrates the mature pattern for running distance. PE.4.1.1.B
  - c. Jumps horizontally and lands using a mature pattern specific to tumbling. PE.4.1.1.C
  - d. Jumps vertically and lands using a mature pattern specific to tumbling. PE.4.1.1.D
  - e. Combines locomotor movement patterns and dance steps to create and perform an original dance. PE.4.1.1.E
  - f. Demonstrates the combination of locomotor skills with manipulative skills (e.g., dribbling, throwing, catching, and striking). PE.4.1.1.F

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- 2. Performs non-locomotor skills in a variety of environments. PE.4.1.2**
  - a. Balances in an inverted position with stillness and supportive base. PE.4.1.2.A
  - b. Transfers weight from feet to hands, varying speed and using large extensions (e.g., mule kick, handstand, cartwheel). PE.4.1.2.B
  - c. Applies rolling in a tumbling sequence. PE.4.1.2.C
  - d. Transitions from one balance to another with curling, stretching, twisting, and bending actions in a tumbling sequence. PE.4.1.2.D
  - e. Combines locomotor and non-locomotor skills and movement concepts (e.g., levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a partner. PE.4.1.2.E
  - f. Combines traveling with balance and weight transfers to create a tumbling sequence. PE.4.1.2.F

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**3. Performs manipulative skills in a variety of environments.** PE.4.1.3

- a. Applies underhand throwing skills with different sizes and types of objects. PE.4.1.3.A
  - b. Throws overhand using a mature pattern in a non-dynamic environment. PE.4.1.3.B
  - c. Throws to a partner or target with accuracy at a designated distance. PE.4.1.3.C
  - d. Passes to a moving partner, at various distances. PE.4.1.3.D
  - e. Catches a thrown ball at various levels (e.g., overhand and underhand) using a mature pattern in a non-dynamic environment. PE.4.1.3.E
  - f. Dribbles, with both the preferred and the non-preferred hands, in self-space using a mature pattern. PE.4.1.3.F
  - g. Dribbles with feet in general space, with control of ball and body, while increasing and decreasing speed. PE.4.1.3.G
  - h. Passes and receives a ball with various parts of the feet (e.g., inside, outside, top) with a stationary partner, cushioning on reception before returning the pass. PE.4.1.3.H
  - i. Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting). PE.4.1.3.I
  - j. Kicks a ball along the ground using a mature pattern. PE.4.1.3.J
  - k. Kicks a ball in the air using a mature pattern. PE.4.1.3.K
  - l. Punts a ball using a mature pattern. PE.4.1.3.L
  - m. Volleys underhand using a mature pattern in a dynamic environment (e.g., 2-square, 4-square). PE.4.1.3.M
  - n. Volleys a lightweight ball with a two-hand overhead pattern, sending it upward, demonstrating 4 of 5 critical elements. PE.4.1.3.N
  - o. Strikes an object with a short-handled implement (e.g., racquet, paddle) over a net or against a wall using a mature pattern. PE.4.1.3.O
  - p. Strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall. PE.4.1.3.P
  - q. Strikes an object with a long-handled implement (e.g., hockey stick, bat, golf club), demonstrating 3 of 5 critical elements. PE.4.1.3.Q
  - r. Strikes a pitched ball with a bat using 4 of 5 critical elements. PE.4.1.3.R
  - s. Combines traveling with dribbling, throwing, catching, and striking in teacher- and/or student-designed practice tasks. PE.4.1.3.S
  - t. Creates a jump rope routine with either a short or long rope. PE.4.1.3.T
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## **Movement Concepts, Strategies, and Tactics** PE.4.2

- 1. Demonstrates knowledge of movement concepts in a variety of environments.** PE.4.2.1
  - a. Demonstrates the concept of open space with combination skills involving traveling within boundaries while changing speeds (e.g., dribbling and traveling). PE.4.2.1.A
  - b. Combines movement concepts with skills in small-sided practice tasks, tumbling, and dance environments. PE.4.2.1.B
  - c. Applies speed and force with pacing when running. PE.4.2.1.C
  - d. Applies direction and force when striking an object with a short-handled implement, sending it to a designated target. PE.4.2.1.D
  - e. Applies the concept of alignment in teacher-designed tumbling and dance sequences. PE.4.2.1.E
  - f. Applies the concept of muscular tension with balance in teacher-designed tumbling and dance. PE.4.2.1.F

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- 2. Applies knowledge of strategies and tactics in a variety of environments.** PE.4.2.2
  - a. Applies simple offensive and defensive strategies in chasing and fleeing activities. PE.4.2.2.A
  - b. Recognizes the types of kicks needed for different small-sided game situations and activities. PE.4.2.2.B

## **Health-Related Physical Activity and Fitness** PE.4.3

- 1. Demonstrates the knowledge to achieve and maintain a health-enhancing level of physical activity.** PE.4.3.1
  - a. Analyzes opportunities for participating in physical activity outside physical education class. PE.4.3.1.A

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- 2. Engages in physical activity.** PE.4.3.2
  - a. Engages in physical activity in physical education class without teacher prompting. PE.4.3.2.A

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- 3. Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.** PE.4.3.3
  - a. Identifies the components of health-related fitness. PE.4.3.3.A
  - b. Demonstrates warm-up and cool-down for cardio-respiratory fitness self-evaluation. PE.4.3.3.B

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**4. Communicates the importance of health-related fitness components and nutrition for physical activity.** PE.4.3.4

- a. Completes health-related fitness assessment (e.g., pre and post). PE.4.3.4.A
  - b. Utilizes assessment results with teacher assistance to identify components needing maintenance and/or remediation. PE.4.3.4.B
  - c. Identifies strategies for progress in remediation areas with teacher assistance. PE.4.3.4.C
  - d. Discusses the importance of hydration and hydration choices for physical activities. PE.4.3.4.D
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**Responsible Behavior** PE.4.4

**1. Exhibits personal responsibility in physical activity settings.** PE.4.4.1

- a. Exhibits responsible behavior in independent group situations. PE.4.4.1.A
  - b. Reflects on personal and social behavior in physical activity settings. PE.4.4.1.B
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**2. Accepts and responds to specific corrective feedback from teacher and peers.** PE.4.4.2

- a. Listens respectfully to positive corrective feedback from peers and adults. PE.4.4.2.A
  - b. Gives positive corrective feedback respectfully to peers when prompted. PE.4.4.2.B
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**3. Exhibits responsible social behavior when working with others.** PE.4.4.3

- a. Praises the movement performance of others with varying skill abilities. PE.4.4.3.A
  - b. Accepts players of varying skill levels into the physical activity. PE.4.4.3.B
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**4. Follows rules and demonstrates proper etiquette.** PE.4.4.4

- a. Exhibits etiquette and adherence to rules in a variety of physical activities. PE.4.4.4.A
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**5. Participates safely in physical activities.** PE.4.4.5

- a. Works safely with peers and equipment in physical activity settings. PE.4.4.5.A
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**Physical Activity Benefits** PE.4.5

**1. Recognizes the benefits of physical activity for health.** PE.4.5.1

- a. Investigates the health benefits of participation in physical activity. PE.4.5.1.A
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**2. Recognizes the benefits of physical activity for challenge.** PE.4.5.2

- a. Rates the satisfaction of participating in challenging and mastered physical activities. PE.4.5.2.A

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**3. Recognizes the benefits of physical activity for self-expression and enjoyment.** PE.4.5.3

- a. Ranks the enjoyment of participating in different physical activities. PE.4.5.3.A
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**4. Recognizes the benefits of physical activity for social interaction.** PE.4.5.4

- a. Describes and compares the positive social interactions when engaged in partner, small group, and large group physical activities. PE.4.5.4.A