

Physical: Grade 4

Adopted 2016

Students will demonstrate competency in a variety of motor skills and movement patterns.

1. Locomotor

- a. Apply mature pattern in locomotor skills in a variety of lead-up activities and small-sided game play. [PE1.1.4.A](#)
 - b. Demonstrate appropriate pacing in a variety of running distances. [PE1.1.4.B](#)
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2. Nonlocomotor

4. Apply mature pattern in nonlocomotor skills in a variety of lead-up activities and small-sided game play. [PE1.2.4](#)
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3. Balance

4. Apply static and dynamic balance in a variety of lead-up activities and small-sided game play. [PE1.3.4](#)
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4. Weight Transfer

4. Demonstrate weight transfer from feet to hands varying speed and using large extensions. [PE1.4.4](#)
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5. Rhythm

4. Demonstrate rhythmic combinations to perform a routine. [PE1.5.4](#)
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6. Underhand Throw

- a. Demonstrate mature pattern in an underhand throw to a moving partner. [PE1.6.4.A](#)
 - b. Demonstrate mature pattern in an underhand throw with accuracy. [PE1.6.4.B](#)
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7. Overhand Throw

- a. Demonstrate mature pattern in an overhand throw for distance. [PE1.7.4.A](#)
 - b. Demonstrate mature pattern in an overhand throw to a partner or target with reasonable accuracy. [PE1.7.4.B](#)
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8. Catch

4. Apply mature pattern in catching in a variety of lead-up activities and small-sided game play. [PE1.8.4](#)

9. Hand Dribble

- a. Demonstrate mature pattern while hand-dribbling continuously in general space with non-preferred hand. PE1.9.4.A
- b. Demonstrate mature pattern while hand-dribbling in general space in a variety of lead-up activities and small-sided game play. PE1.9.4.B

10. Foot Pass/Kick

- a. Demonstrate mature pattern while passing with the feet to a moving partner in a static environment. PE1.10.4.A
- b. Demonstrate mature pattern while passing and kicking a ball in the air. PE1.10.4.B
- c. Demonstrate mature pattern while punting in isolation. PE1.10.4.C

11. Foot Trap/Receive

- 4. Demonstrate mature pattern while receiving with the foot when moving in a static environment. PE1.11.4

12. Foot Dribble

- 4. Demonstrate mature pattern while foot-dribbling in a variety of lead-up activities and small-sided game play. PE1.12.4

13. Strike/Volley, Hands and Arms

- a. Demonstrate mature pattern while striking an object underhand in a variety of lead-up activities and small-sided game play. PE1.13.4.A
- b. Demonstrate emerging pattern while striking an object with a two-handed overhead pass, sending it upward. PE1.13.4.B

14. Strike, Short Implement

- 4. Demonstrate mature pattern while striking an object with a short-handled implement, sending it forward. PE1.14.4

15. Strike, Long Implement

- a. Demonstrate emerging pattern while striking a tossed ball with a bat. PE1.15.4.A
- b. Demonstrate mature pattern while striking an object with a long-handled implement in a variety of lead-up activities and small-sided game play. PE1.15.4.B

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

1. Space

- 4. Apply the concept of moving to open space and reducing open space in a variety of lead-up activities and small-sided game play. PE2.1.4

Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

2. Pathways, Levels, and Relationships

4. Apply concepts of space, pathways, levels, and relationships in a variety of lead-up activities and small-sided game play. [PE2.2.4](#)
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3. Speed, Direction, and Force

- a. Apply the concept of pacing in a variety of activities. [PE2.3.4.A](#)
 - b. Apply concepts of direction and force when striking an object toward a designated area. [PE2.3.4.B](#)
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4. Strategies

4. Demonstrate offensive and defensive strategies in lead-up activities and small-sided game play. [PE2.4.4](#)
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1. Benefit of Physical Activity

4. Describe impact of regular physical activity on health. [PE3.1.4](#)
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2. Engagement in Physical Activity

4. Actively engage in physical education class. [PE3.2.4](#)
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3. Health-Related Fitness

- a. Classify fitness assessments to corresponding components of health-related fitness (cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, body composition). [PE3.3.4.A](#)
 - b. Recognize components of the FITT principle (frequency, intensity, time, type). [PE3.3.4.B](#)
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4. Skill-Related Fitness

4. Recognize components of skill-related fitness (agility, balance, coordination, power, reaction time, speed). [PE3.4.4](#)
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5. Fitness Assessment

4. Use fitness assessment results to understand personal level of fitness. [PE3.5.4](#)
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6. Engagement in Fitness Activities

4. Participate in developmentally appropriate activities to improve overall fitness. [PE3.6.4](#)
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7. Body Systems

4. Describe connections between body systems. [PE3.7.4](#)

8. Nutrition

- a. Create a balanced daily food plan. PE3.8.4.A
 - b. Describe how each nutrient provides energy for the body. PE3.8.4.B
 - c. Identify ways to balance caloric intake and expenditure. PE3.8.4.C
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Students will exhibit responsible personal and social behavior that respects self and others.

1. Personal Responsibility

- 4. Demonstrate responsible behavior in a variety of physical activity environments. PE4.1.4
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2. Rules and Etiquette

- 4. Apply etiquette in physical activities. PE4.2.4
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3. Receiving and Providing Feedback

- 4. Demonstrate accepting and implementing feedback from peers. PE4.3.4
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4. Working with Others

- a. Recognize importance of accepting students of all skill abilities into physical activity. PE4.4.4.A
 - b. Demonstrate conflict resolution using a variety of strategies. PE4.4.4.B
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5. Safety

- 4. Apply safety principles in physical activities (with self, with peers, with equipment). PE4.5.4
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Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

1. Challenge

- 4. Understand that improving performance in challenging physical activities requires consistent practice. PE5.1.4
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2. Self-Expression and Enjoyment

- 4. Identify physical activities for the purpose of self-expression and enjoyment. PE5.2.4
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3. Social Interaction

- a. Describe social benefits gained from participating in physical activity. PE5.3.4.A
- b. Describe physical activities that promote camaraderie. PE5.3.4.B