

# Grade 4

Adopted 2009

## Skill Development

1. Demonstrate correct form while leaping.
2. Demonstrate throwing, striking, and kicking skills by throwing overhand for distance and accuracy, striking with short and long implements, and kicking while approaching a moving object.
3. Demonstrate short- and long-rope jumping skills, including individual and partner jumping techniques.
4. Perform multicultural rhythmic dances, including introductory square dance.
5. Demonstrate gymnastic skills while maintaining proper body alignment by transitioning smoothly between sequences and balancing with control on apparatus.
6. Apply specialized sport skills in combination with fundamental movement skills in game situations.

## Cognitive Development

7. Create appropriate physical education activities, including cooperative tasks, group challenges, and games.
8. Identify cue words and terms associated with leaping, striking, and kicking
9. Identify formations and steps associated with dance.
10. Demonstrate positive changes in performance based on peer and teacher evaluations.

## Social Development

11. List consequences of compliance and noncompliance with rules and regulations while participating in physical activities and games.
12. Explain outcomes of positive versus negative responses to classmates when winning or losing.

## Physical Activity and Health

13. Analyze varying intensities of exercise for effect on heart rate using manual pulse-checking or heart-rate monitors.
14. Identify devices used to measure cardiorespiratory endurance, muscular strength and endurance, body composition, and flexibility.

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**15. Describe relationships among food intake, physical activity, and weight maintenance.**