Arizona Physical Education

Grade 4

Adopted 2015

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- **a.** Uses various locomotor skills in a variety of small-sided practice tasks, dance and educational gymnastics experiences. S1.E1.4.A
- **a.** Runs for distance using a mature pattern. S1.E2.4.A
- **a.** Uses spring-and-step takeoffs and landings in gymnastic based skills. S1.E3.4.A
- **a.** Combines locomotor movement patterns and dance steps to create and perform an original dance. S1.E4.4.A
- **a.** Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small-sided practice tasks and games. S1.E5.4.A
- **a.** Balances on different bases of support on apparatus, demonstrating levels and shapes. S1.E6.4.A
- **a.** Transfer weight by rolling in a variety directions using different body shapes. S1.E7.4.A
- **a.** Moves into and out of balances on apparatus with curling, twisting and stretching actions. S1.E8.4.A
- **a.** Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a partner. S1.E9.4.A
- **a.** Throws overhand using mature pattern in a non-dynamic environment (closed skills). S1.E11.4.A
- **b.** Throws overhand to a partner or at a target with accuracy at a reasonable distance. S1.E11.4.B
- **a.** Throws to a moving partner with reasonable accuracy in non-dynamic environment (closed skills). S1.E12.4.A
- **a.** Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a non-dynamic environment (closed skills). S1.E13.4.A

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	a. Dribbles in self-space with both the preferred and non-preferred hand using a mature pattern. S1.E14.4.A
	b. Dribbles in general space with control of ball and body while increasing and decreasing speed. S1.E14.4.B
	a. Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed. S1.E15.4.A
	a. Passes & receives ball with the insides of the feet to a moving partner in a non-dynamic environment (closed skills). S1.E16.4.A
	b. Receives and passes a ball with the outsides and insides of the feet to a stationary partner, "giving" on reception before returning the pass. S1.E16.4.B
	a. Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting). S1.E17.4.A
	a. Kicks along the ground and in the air, and punts using mature patterns. S1.E18.4.A
	a. Volleys underhand using a mature pattern, in a dynamic environment using small modified games. S1.E19.4.A
	a. Volleys a ball with a two-hand overhead pattern, sending it upward, demonstrating 4 of the 5 critical elements of a mature pattern. S1.E20.4.A
	a. Strikes an object with a short-handled implement while demonstrating a mature pattern. S1.E21.4.A
	b. Strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall. S1.E21.4.B
	a. Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis or badminton racket) while demonstrating 3 to 5 critical elements of a mature pattern for the implement (grip, stance, body orientation, swing plane, and follow-through). S1.E22.4.A
	a. Combines traveling with the manipulative skills of dribbling, throwing, catching and striking in teacher and/or student designed small-sided practice-task environments. S1.E23.4.A
	a. Creates a jump rope routine with either a short or long rope. S1.E24.4.A
The physically literate individual applies knowledge of concepts, pri an	**a.** Applies the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling). S2.E1.4.A
	Applies the concept of closing spaces in small sided practices. S2.E1.4.B

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movement and performance.	c. Dribbles in general space with changes in direction and speed. S2.E1.4.C
	a. Combines movement concepts with skills in small-sided practice tasks, gymnastics and dance environments. S2.E2.4.A
	a. Applies movement concepts of speed, endurance and pacing for running. S2.E3.4.A
	b. Applies the concept of direction and force when striking an object with a short-handled implement, sending it toward a designated target. S2.E3.4.B
	a. Applies skill. S2.E4.4.A
	a. Applies simple offensive strategies & tactics in chasing & fleeing activities. S2.E5.4.A
	b. Applies simple defensive strategies & tactics in chasing & fleeing activities. S2.E5.4.B
	c. Recognizes the type of kicks needed for different games and sports situations. S2.E5.4.C
The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	a. Analyzes opportunities for participating in physical activity outside physical education class. S3.E1.4.A
	a. Actively engages in the activities of physical education class, both teacher-directed and independent. S3.E2.4.A
	a. Identifies the components of health-related fitness. S3.E3.4.A
	b. Evaluate heart rate during exercise utilizing methods such as manual, pulse checking, perceived exertion index or heart rate monitors. S3.E3.4.B
	a. Demonstrates warm-up & cool-down relative to cardiorespiratory fitness assessment. S3.E4.4.A
	a. Identifies the six components of skill related fitness (agility, balance, coordination, speed, reaction time, power). S3.E5.3-5.A
	a. Completes fitness assessments (pre & post). S3.E6.4.A
	b. Identifies areas of needed remediation from personal test and, with teacher assistance, identifies strategies for progress in those areas. S3.E6.4.B
	a. Discusses the importance of hydration and hydration choices relative to physical activities. S3.E7.4.A
Th inc responsible personal	Exhibits responsible behavior in independent group situations. S4.E1.4.A

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and social behavior that respects self and others.	**a.** Listens respectfully to corrective feedback from others (e.g., peers, adults). S4.E2.4.A
	a. Praises the movement performance of others both more and less-skilled. S4.E3.4.A
	b. Accepts players of all skill levels into the physical activity. S4.E3.4.B
	a. Exhibits etiquette and adherence to rules in a variety of physical activities. S4.E4.4.A
	a. Works safely with peers and equipment in physical activity settings. S4.E5.4.A
	a. Apply sun safe practices. S4.E6.3-5.A
	b. Identify appropriate water safety practices. S4.E6.3-5.B
The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	**a.** Examines the health benefits of participating in physical activity. S5.E1.4.A
	a. Rates the enjoyment of participating in challenging and mastered physical activities. S5.E2.4.A
	a. Ranks the enjoyment of participating in different physical activities. S5.E3.4.A
	a. Describes & compares the positive social interactions when engaged in partner, small group and large group physical activities. S5.E4.4.A