Colorado Physical Education

Grade 4

Movement Competence and Understanding 4.1

1 Identify the major characteristics of mature locomotor, non-locomotor, manipulative, and rhythmic skills. 4.1.1

- a Dribble and pass an object to a moving receiver. 4.1.1.A
- b Throw, catch, and kick to self or a partner. 4.1.1.B
- c Jump and land for height and distance using mature form. 4.1.1.C
- d Use a variety of manipulatives to throw to a moving target, making the needed adjustments for skill improvement. 4.1.1.D
- e Create a rhythmic routine, including gymnastics, creative dance, or jump rope. 4.1.1.E
- f Demonstrate balances with control on a variety of objects such as a balance board, balance beam, or skates (ice or in-line). 4.1.1.F
- g Transfer weight from feet to hands at fast and slow speeds using large extensions such as mule kicks, handstands, or cartwheels. 4.1.1.G
- h Distinguish and describe the similarities and differences of manipulative skills such as basketball and soccer dribbling or overhand and underhand. 4.1.1.H
- i Demonstrate efficient patterns of striking with and without an implement. 4.1.1.I

2 Provide and receive feedback to and from peers using the major characteristics of mature locomotor and manipulative skills. 4.1.2

- a Use peer assessment tools to recognize and evaluate the critical elements of movement in a variety of physical activities. 4.1.2.A
- b Identify critical elements of movement skills when watching a video for self or peer assessment. 4.1.2.B

Physical and Personal Wellness 4.2

1 Explain how the health-related fitness components are used to improve physical fitness. 4.2.1

- a Identify and demonstrate flexibility exercises for major muscle groups. 4.2.1.A
- b Identify health-related components of fitness and demonstrate an exercise that positively impacts each component. 4.2.1.B
- c Measure and record personal heart rate before, during, and after moderate to vigorous exercise. 4.2.1.C
- d Identify and perform specific exercises that can be done to improve the muscular strength and endurance of various muscle groups. 4.2.1.D

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e Explain the benefits of having good cardiovascular endurance. 4.2.1.E

f Recognize healthy and balanced meals and snacks designed to enhance the performance of physical activities. 4.2.1.F

2 Analyze opportunities for participating in physical activity and actively engage in teacher-directed and independent activities. 4.2.2

a Understand the importance of participation in fitness-enhancing physical activities such as gymnastic clubs, community-sponsored youth sports, or activity clubs. 4.2.2.A

b Demonstrate appropriate warm-up procedures before participation in vigorous physical activity. 4.2.2.B

Social Emotional Wellness 4.3

1 Assess and take responsibility for personal behavior and stress management. 4.3.1

a Act in a safe and healthy manner when confronted with negative peer pressure during physical activity. 4.3.1.A

b Set a personal goal to improve a skill and work toward that goal. 4.3.1.B

c Describe and demonstrate responsible behavior and decision-making while participating in physical activity. 4.3.1.C

d Demonstrate respect for the person who is officiating. 4.3.1.D

e Recognize that physical activity can be used as a stress management technique. 4.3.1.E

Prevention and Risk Management 4.4

1 Demonstrate knowledge of safe practices in a physical activity setting. 4.4.1

a Explain safety considerations prior to participation in lead-up games. 4.4.1.A

b Demonstrate the safe use of implements. 4.4.1.B

c Differentiate between safe and unsafe participation and environment 4.4.1.C

d Display safe and responsible behavior while engaging in fitness activities. 4.4.1.D

e Develop with an instructor's help the safety rules for physical education. 4.4.1.E