Connecticut Physical Education

# Grade 4

**Students will demonstrate competency in a variety of motor skills and movement patterns.** 1

**Locomotor**

S1.E1 Jumping, hopping, galloping, running, sliding, skipping, and leaping S1.E1

E1.1.4 Demonstrates a combination of locomotor skills to participate in a variety of developmentally appropriate movement and fitness activities. E1.1.4

**Nonlocomotor**

Balance

E1.3.4 Demonstrates mature patterns in a variety of nonlocomotor skills (curling, stretching, twisting, and bending) while maintaining stationary and dynamic balance during developmentally appropriate tasks, activities, creative movement, and dance. E1.3.4

Weight transfer

E1.4.4 Demonstrates weight transfer in combination with movement concepts and locomotor skills in a variety of developmentally appropriate tasks and activities, creative movement, dance, and gymnastics. E1.4.4

**Manipulatives**

Throwing

E1.5.4a Underhand throw: Demonstrates and applies mature patterns in underhand throw in a variety of developmentally appropriate tasks and activities. E1.5.4A

E1.5.4b Overhand throw: Demonstrates and applies mature patterns in overhand throw in a variety of developmentally appropriate tasks and activities. E1.5.4B

Catching

E1.6.4 Demonstrates and applies mature patterns in catching in a variety of developmentally appropriate stationary tasks and activities. E1.6.4

Dribbling

E1.7.4a Dribbling with hands: Demonstrates and applies mature patterns in dribbling in a variety of developmentally appropriate tasks and activities. E1.7.4A

E1.7.4b Dribbling with feet: Demonstrates and applies mature patterns of dribbling in a variety of developmentally appropriate tasks and activities. E1.7.4B

Skip to main content

Kicking

E1.8.4 Demonstrates and applies mature patterns of kicking in a variety of developmentally appropriate tasks and activities. E1.8.4

Volleying

E1.9.4a Demonstrates and applies mature patterns of underhand volleying in a variety of developmentally appropriate tasks and activities. E1.9.4A

E1.9.4b Demonstrates and applies mature patterns of overhead volleying in a variety of developmentally appropriate tasks and activities. E1.9.4B

Striking

E1.10.4 Demonstrates and applies mature patterns of striking using short and long handled implements in a variety of developmentally appropriate tasks and activities. E1.10.4

---

**Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.** 2

**Movement Concepts**

S2.E1 Space S2.E1

S2.E1.4a Demonstrates the application of open spaces in combination with skills involving traveling (e.g., dribbling and traveling). S2.E1.4A

S2.E1.4b Demonstrates application of closing spaces in small-sided practice tasks. S2.E1.4B

S2.E1.4c Demonstrates dribbling in general space with changes in direction and speed. S2.E1.4C

Pathways, Shapes, Levels

S2.E2.4 Combines movement concepts with skills in small-sided practice tasks, gymnastics, and dance environments. S2.E2.4

Speed, Direction, Force

S2.E3.4a Applies the movement concepts of speed, endurance and pacing for running. S2.E3.4A

S2.E3.4b Applies the concepts of direction and force when striking an object with a short-handled implement, sending it toward a designated target. S2.E3.4B

Strategies and Tactics

S2.E4.4a Demonstrates application of simple offensive strategies and tactics in chasing and fleeing activities. S2.E4.4A

S2.E4.4b Demonstrates application of simple defensive strategies and tactics in chasing and fleeing activities. S2.E4.4B

S2.E4.4c Demonstrates application of the types of kicks needed for different games and sports situations. S2.E4.4C

---

**Stu de**

Skip to main content

**hysical Activity Knowledge**

**knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.** 3

S3.E1 Physical activity knowledge S3.E1

S3.E1.4 Demonstrates the ability to analyze physical activity opportunities outside physical education class. S3.E1.4

**Engages in Physical Activity**

S3.E2 Engages in physical activity S3.E2

S3.E2.4 Demonstrates the ability to actively engage in both teacher-directed and independent physical education class activities. S3.E2.4

**Fitness Knowledge**

S3.E3 Fitness knowledge S3.E3

S3.E3.4 Demonstrates the ability to identify the components of health-related fitness. S3.E3.4

S3.E4 Fitness knowledge S3.E4

S3.E4.4 Demonstrates performance of warm-up and cool-down relative to the Health-Related Fitness Components. S3.E4.4

**Assessment and Program Planning**

S3.E5 Assessment and program planning S3.E5

S3.E5.4a Demonstrates the ability to complete a variety of fitness assessments (pre and post). S3.E5.4A

S3.E5.4b Demonstrate s ability to identify areas of needed remediation from personal test and, with teacher assistance, identify strategies for progress in those areas. S3.E5.4B

**Nutrition**

S3.E6 Nutrition S3.E6

S3.E6.4 Demonstrates the ability to discuss the importance of hydration and hydration choices relative to physical activities. S3.E6.4

**Students will exhibit responsible personal and social behavior that respects self and others.** 4

**Personal Responsibility**

S4.E1 Personal responsibility S4.E1

S4.E1.4 Demonstrates the ability to exhibit responsible behavior in independent group situations. S4.E1.4

S4.E2 Personal responsibility S4.E2

S4.E2.4 Demonstrates the ability to reflect on personal social behavior in physical activity. S4.E2.4

Skip to main content

**Accepting Feedback**

S4.E3 Accepting feedback S4.E3

S.4.E.4 Demonstrates the ability to listen respectfully to corrective feedback from others (e.g., peers, adults). S.4.E.4

**Working with Others**

S4.E4 Working with others S4.E4

S4.E4.4a Demonstrates the ability to praise the movement performance of others with varying skill levels. S4.E4.4A

S4.E4.4b Demonstrates the ability to accept players of all skill levels into the physical activity. S4.E4.4B

**Rules and Etiquette**

S4.E5 Rules and etiquette S4.E5

S4.E5.4 Demonstrates the ability to exhibit etiquette and adherence to rules in a variety of physical activities. S4.E5.4

**Safety**

S4.E6 Safety S4.E6

S4.E6.4 Demonstrates the ability to work safely with peers and equipment in physical activity settings. S4.E6.4

**Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.** 5

**Health**

S5.E1 Health S5.E1

S5.E1.4 Demonstrates the ability to examine the health benefits of participating in physical activities. S5.E1.4

**Challenge**

S5.E2 Challenge S5.E2

S5.E2.4 Demonstrates the ability to rate the enjoyment of participating in challenging and mastered physical activities. S5.E2.4

**Self-Expression and Enjoyment**

S5.E3 Self-expression and Enjoyment S5.E3

S5.E43.4 Demonstrates the ability to rank the enjoyment of participating in different physical activities. S5.E43.4

Skip to main content

**Social Interaction**

S5.E4 Social Interaction S5.E4

S5.E4.4 Demonstrates the ability to describe and compare the positive social interactions when engaged in partner, small group, and large group physical activities. S5.E4.4