Georgia Physical Education

Grade 4

Adopted 2018

Motor Skills and Movement Patterns

1. **The physically educated student demonstrates competency in a variety of motor skills and movement patterns.** PE4.1
   a. Uses various locomotor skills in a variety of small-sided games, dance, and educational gymnastics experiences. PE4.1.A
   b. Creates a repeatable dance, gymnastics, or exercise routine when combining locomotor movement patterns. PE4.1.B
   c. Balances on different bases of support while transferring weight (walk and balance on a low beam, log roll, transfer weight while stretching and transferring weight from one foot to the other). PE4.1.C
   d. Transfers weight in gymnastics and/or dance environments. PE4.1.D
   e. Throws underhand and overhand using a mature form to a stationary partner or target with reasonable accuracy. PE4.1.E
   f. Throws to a moving partner or target with reasonable accuracy. PE4.1.F
   g. Catches a ball thrown from a partner at three different levels (high, medium, and low) with proper form. PE4.1.G
   h. Dribbles with dominant and non-dominant hands in general space with control of ball and body while increasing and decreasing speed. PE4.1.H
   i. Dribbles (with feet) in general space with control of ball and body while increasing and decreasing speed. PE4.1.I
   j. Kicks an object along the ground and in the air. PE4.1.J
   k. Punts a ball using mature form. PE4.1.K
   l. Receives and passes the ball with the inside and outside of the feet to a stationary and moving target. PE4.1.L
   m. Volleys underhand using a mature form in small-sided games. PE4.1.M
   n. Volleys a ball upward with a two-hand overhead pattern. PE4.1.N
   o. Strikes an object with a short-handled implement (lollipop paddle or ping pong paddle) alternating hits with a partner over a low net, line, or against a wall demonstrating mature form. PE4.1.O
   p. Strikes an object with a long-handled implement (hockey stick, golf club, bat, tennis or badminton racket) while demonstrating three of the five critical elements of a mature form (grip, stance, body orientation, swing plane, and follow-through). PE4.1.P

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q. Combines traveling with the manipulative skills of dribbling, throwing, catching, striking, and kicking in small-sided games. PE4.1.Q

r. Creates and/or performs a jump rope routine. PE4.1.R

Movement Concepts and Principles

2. The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance. PE4.2

a. Applies the concepts of open and closed spaces in a movement setting. PE4.2.A

b. Combines pathways, shapes and levels with skills in small-sided games, gymnastics and/or dance environments. PE4.2.B

c. Applies the concepts of speed, endurance, and pacing in movement activities. PE4.2.C

d. Applies the concepts of direction and force when manipulating an object. PE4.2.D

e. Applies simple offensive and defensive tactics and strategies in a variety of activities. PE4.2.E

Fitness

3. The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness. PE4.3

a. Identifies physical activities which contribute to fitness. PE4.3.A

b. Demonstrates warm-up and cool-down activities as they relate to cardiorespiratory fitness assessment. PE4.3.B

c. Identifies the components of health-related fitness. PE4.3.C

d. Demonstrates the proper protocol and identifies form breaks for the Georgia fitness assessment components. PE4.3.D

e. Identifies what the Healthy Fitness Zones are and connects their significance as a piece of the Georgia Fitness Assessment. PE4.3.E

f. Participates in the Georgia Fitness Assessment Program with teacher supervision and determines if he/she is within the healthy fitness zone. PE4.3.F

g. Identifies areas to improve based on Georgia Fitness Assessment results. PE4.3.G

h. Compares opportunities for participating in physical activity outside of physical education class. PE4.3.H

i. Independently engages in physical education class. PE4.3.I

j. Discusses the importance of hydration related to physical activity. PE4.3.J

Personal and Social Behavior, Rules, Safety, and Etiquette

4. The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings. PE4.4

a. Exhibits responsible behavior through adherence to rules and procedures in a variety of physical activities. PE4.4.A

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b. Exhibits independent and cooperative responsibility. PE4.4.B

c. Listens respectfully to corrective feedback from others (peers and adults). PE4.4.C

d. Works safely with peers and equipment in physical activity settings. PE4.4.D

5. **The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.** PE4.5

   a. Examines the health benefits of participating in physical activity. PE4.5.A

   b. Ranks the enjoyment and/or challenge of various physical activities. PE4.5.B

   c. Describes and compares the positive social interactions when engaged in a variety of physical activities. PE4.5.C