Louisiana Physical Education

Grade 4

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

Combined skills Combine locomotor and non-locomotor skills into movement patterns.

1. Perform a movement sequence comprised of both basic and intermediate skills 1.4-1.1
2. Jump rope demonstrating a variety of footwork and arm action skills 1.4-1.2
3. Combine balance and weight transfer skills in a movement sequence 1.4-1.3
4. Combine locomotor movement patterns and dance steps to create and perform a dance 1.4-1.4

Application of skills Apply the critical elements of fundamental manipulative skills in a variety of physical activities.

1. Throw overhand with varying degrees of force using appropriate critical elements to reach different distances 1.4-2.1
2. Catch two-handed during a game or game-like situation using the critical elements 1.4-2.2
3. Strike an object with an implement using the critical elements 1.4-2.3
4. Kick a ball with the inside of the foot using the critical elements to targets 1.4-2.4
5. Dribble with control while moving through space to avoid stationary objects using the critical elements 1.4-2.5
6. Send an object to a target using critical elements while varying space, distance, location and relationship to objects 1.4-2.6

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Strategies and tactics Demonstrate knowledge of movement concepts related to body, space, effort and relationships.

1. Explain the importance of weight transfer in object propulsion skills 2.4-1.1
2. Describe and demonstrate the correct movement or movement qualities based on the characteristics of the task and/or environment 2.4-1.2
3. Identify open space and areas of space to defend in a dynamic environment 2.4-1.3
4. Select correct decision when presented with a tactical problem to score 2.4-1.4

Principles and critical elements Demonstrate knowledge of critical elements for more complex motor skills.

Skip to main content

Identify correct and incorrect aspects of skill performance using critical elements 2.4-2.1

2. Explain how to improve performance of a movement or skill 2.4-2.2

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical activity knowledge Evaluate level of physical activity Healthy habits in relation to physical activity Describes current level of physical activity & identifies additional physical activity opportunities to create calorie balance

1. Analyzes opportunities for participating in physical activity outside of physical education class 3.4-1.1
2. Track and chart physical activity minutes or steps to determine progress toward daily recommendation 3.4-1.2
3. Discusses the importance of hydration and dehydration choices relative to physical activities 3.4-1.3

Health-related fitness knowledge Cardiovascular endurance Musculoskeletal fitness Flexibility Planning (FITT and other principles) Understand the principles, components and practices of health- related physical fitness to maintain or improve one's level of fitness.

1. Completes fitness assessments (pre & post) 3.4-2.1
2. Link specific activities to the appropriate health- related fitness component 3.4-2.2
3. Evaluate heart rate during physical activity and exercise to sustain a moderate to vigorous activity for longer periods of time 3.4-2.3
4. Identify activities to improve muscular strength and endurance in the upper and lower body 3.4-2.4
5. Demonstrate warm-up and cool-down relative to cardiorespiratory fitness assessment 3.4-2.5
6. Analyze the results of a fitness assessment to determine areas in the HFZ and those that need improvement 3.4-2.6
7. Identify strategies for progress in fitness 3.4-2.7

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Self-direction Safety Understand the purpose of and apply appropriate rules, procedures and safe practices in physical activity settings.

1. Exhibits responsible behavior in small sided game activities 4.4-1.1
2. Adjust performance to characteristics of the environment to ensure safe play 4.4-1.2
3. Participate in team activities and stay on task with prompts and encouragement from others 4.4-1.3

Cooperation Respect Resolving conflict Interact and communicate positively with others.

1. Listen, discuss options and develop a plan to accomplish a partner or group task or to improve play during physical education activities 4.4-2.1

Skip to main content

Participate with a group in cooperative problem- solving activities while participating in physical activities 4.4-2.2

3. Demonstrate cooperation with and respect for peers different from oneself during skills practice and within game play during physical activities 4.4-2.3
4. Demonstrate cooperation with others when resolving conflict during skill practice and game play 4.4-2.4

The physical literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Health reasons to be physically active Identifies multiple, specific health benefits as a reason to value physical activity.

1. Examines the health benefits of participating in physical activity 5.4-1.1

Values physical activity through various means Expresses multiple, specific reasons (enjoyment, challenge, social) to participate in physical activity.

1. Examines the health benefits of participating physical activity 5.4-2.1
2. Identify aspects of a physical activity that are challenging and mastered 5.4-2.2
3. Describes and compares the positive social interactions when engaged in partner, small group and large group activities 5.4-2.3