Maine Health and Physical Education

Physical Education: Grade 4

Motor Skills and Movement Patterns: Physically literate students demonstrate competency in a variety of motor skills and movement patterns. PE.1

Locomotor Skills

1 Demonstrates combinations of complex locomotor skills in various physical activity settings. 1.1

Non-locomotor Skills:

1 Demonstrates complex non-locomotor skills in various activities. 1.2

Locomotor Non-locomotor Combination Skills

1 Combines locomotor movement patterns and dance steps to create and perform an original movement sequence. 1.3

Manipulative Skills

1 Demonstrates maturing manipulative skills in a non-dynamic environment. 1.4

Concepts and Strategies: Physically literate students apply knowledge of concepts, principles, strategies and tactics related to movement and performance. PE.2

Movement Concepts

1 Applies basic concepts of movement to improve individual (personal) performance. 2.1

Strategies and Tactics

1 Utilizes basic strategies and tactics for a variety of activities and games. 2.2

Fitness Education: Physically literate students demonstrate the knowledge and skills to plan, execute, self-monitor, achieve, and maintain a health-enhancing level of physical activity and/or fitness. PE.3

Health-Related Fitness and Exercise.

1 Participates in targeted activities to improve specific health-related fitness components demonstrating appropriate form, technique, and principles of exercise. 3.1

Skill-Related Fitness and Training

1 Participates in exercises, movement patterns, and/or sport skill activities and identifies the skill-related component(s) targeted. 3.2

Training Principles for Fitness and Sport

1 Participates in workouts and describes and/or explains body responses to physical activities 3.3

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ealth-related and/or sport training and/or fitness plan

1 Creates and implements a workout plan using exercises and/or activities in one or more health-related components. 3.4

Fitness, Sport, and Technology

1 Uses teacher-directed technology tools to engage in fitness or skill-practice activities at home or at school. 3.5

Physical Activity, Community,

1 Participates in activities at school and/or outside of school, 3.6

Responsible Personal and Social Behavior: Physically literate students exhibit responsible personal and social behavior that respects self and others. PE.4

Personal Responsibility

1 Uses self-control through structure, expectations, and engagement to demonstrate personal responsibility and respect for self and others. 4.1

Working with others

1 Demonstrates cooperation and communication skills to achieve common goals. Understands the importance of culture and ethnicity in developing self-awareness and working productively with others. 4.2

Rules, Etiquette, and Safety

1 Uses safe practices when engaging in physical education activities without prompting. 4.3

Recognition of the Value of Physical Activity: Physically literate students recognize the value of physical activity for health, enjoyment, challenge, self-expression, and /or social interaction. PE.5

Health

1 Examines the health benefits of participating in physical activity. 5.1

Challenge

1 Understands that improving performance in challenging physical activities requires consistent practice 5.2

Self-expression and Enjoyment

1 Identifies physical activities for the purpose of self-expression and enjoyment. 5.3

Social Interaction

1 Describes social benefits gained from participating in physical activity. Describe physical activities that promote camaraderie. 5.4