Maryland Physical Education

Grade 4

Motor Skills and Movement Patterns S1.G4

Hopping, Galloping, Jogging, Running, Sprinting, Sliding, Skipping, and Leaping

1 Demonstrates various locomotor skills in a variety of small-sided practice tasks, dance, and educational gymnastics experiences. S1.G4.1

Jogging and Running for Distance

2 Runs for distance using a mature pattern. S1.G4.2

Jumping and Landing - Horizontal & Vertical

3 Uses spring and step takeoffs and landings specific to gymnastics. S1.G4.3

Dance

4 Combines locomotor movement patterns and dance steps to create and perform an original dance. S1.G4.4

Combinations

5 Combines traveling with manipulative skills of dribbling, throwing, catching, and striking with a partner in teacher-and/or student-designed small-sided practice tasks. S1.G4.5

Balance

6 Balances on different bases of support on an apparatus, demonstrating levels and shapes. S1.G4.6

Weight Transfer

7 Transfers weight from feet to hands, varying speed and using large extensions. S1.G4.7

Curling and Stretching; Twisting and Bending

8 Moves into and out of balances on an apparatus with curling, twisting, and stretching actions. S1.G4.8

Combinations with Levels, Shapes, Extensions, Pathways, Force, Time, & Flow

9 Combines locomotor skills and movement concepts to create and perform a dance with a partner. S1.G4.9

alance and Weight Transfers

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10 Combines traveling with balance and weight transfers to create a gymnastics sequence. S1.G4.10

Rolling a Ball

11 Using a three-step approach, rolls a ball to a partner or target, demonstrating a mature pattern. S1.G4.11

Underhand Throw

12 Throws underhand to a partner or target with reasonable accuracy, demonstrating a mature pattern. S1.G4.12

Overhand Throw

13a Throws overhand, demonstrating a mature pattern in non-dynamic environments. S1.G4.13A

13b Throws overhand to a partner or at a target with accuracy at a reasonable distance. S1.G4.13B

Passing with Hands

14 Throws to a moving partner with reasonable accuracy in a nondynamic environment. S1.G4.14

Catching

15 Catches a thrown ball above the head, at chest or waist- level, and below the waist using a mature pattern in a non-dynamic environment. S1.G4.15

Dribbling with Hands

16a Dribbles in personal space with both the preferred and the nonpreferred hands, demonstrating a mature pattern. S1.G4.16A

16b Dribbles in general space, alternating hands while increasing and decreasing speed and demonstrating a mature pattern. S1.G4.16B

Dribbling with Feet

17 Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed. S1.G4.17

Passing and Receiving with Feet

18a Passes and receives a ball with the insides of the feet to a moving partner in a nondynamic environment. S1.G4.18A

18b Passes and receives a ball with the outsides and insides of the feet to a stationary partner. S1.G4.18B

Dribbling in Combination

) Dribbles with hands or feet in combination with other skills. S1.G4.19

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icking

20 Kicks along the ground and in the air and punts, demonstrating a mature pattern. S1.G4.20

Underhand Volley

21 Volleys underhand using a mature pattern in a non-dynamic environment. S1.G4.21

Overhead Volley

22 Volleys a ball with a two-hand overhead pattern, sending it upward, demonstrating most of the critical elements. S1.G4.22

Striking with a Short-Handled Implement

23a Strikes an object with a short-handed implement while demonstrating a mature pattern. S1.G4.23A

23b Strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall. S1.G4.23B

Catching with a Short-Handled Implement

24 Catches a ball at different levels using a mature pattern in a non-dynamic environment while using a short-handled implement. S1.G4.24

Striking with a Long-Handled Implement

25 Strikes an object with a long-handled implement while demonstrating most of the critical elements. S1.G4.25

Throwing with a Long-Handled Implement

26 Throws with a long-handled implement, demonstrating most of the critical elements, in a non-dynamic environment for distance and/or force. S1.G4.26

Catching with a Long-Handled Implement

27 Catches a ball at different levels off a wall, using most of the critical elements, with a long-handled implement. S1.G4.27

Striking in Combination

28 Combines traveling with the manipulative skills of dribbling, throwing, catching, and striking in teacher-and/ or-student-designed small-sided practicetask environments. S1.G4.28

Jumping Rope

29 Creates a jump-rope routine with either a short or a long rope. S1.G4.29

Concepts and Strategies S2.G4

Space

1a Applies the concept of open spaces to combination skills involving traveling. S2.G4.1A

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› Applies the concept of closing spaces in small-sided practice tasks. S2.G4.1B

1c Dribbles in general space with changes in direction and speed. S2.G4.1C

Pathways, Shapes, and Levels

2 Combines movement concepts with skills in small-sided practice tasks, gymnastics, and dance environments. S2.G4.2

Speed, Direction, and Force

3a Applies the movement concepts of speed, endurance, and pacing for running. S2.G4.3A

3b Applies the concepts of direction and force when striking an object with a short-handled implement, sending it toward a designated target. S2.G4.3B

Strategies and Tactics

4a Applies simple offensive strategies and tactics in chasing and fleeing activities. S2.G4.4A

4b Applies simple defensive strategies and tactics in chasing and fleeing activities. S2.G4.4B

4c Recognizes the types of kicks needed for different games and sports situations. S2.G4.4C

Health-Enhancing Level of Physical Activity and Fitness S3.G4

Physical Activity Knowledge

1 Analyzes opportunities for participating in physical activity outside physical education class. S3.G4.1

Physical Activity Engagement

2 Engages actively in the activities of physical education class, both teacher-directed and independent. S3.G4.2

Fitness Knowledge

3a Identifies the components of health-related fitness. S3.G4.3A

3b Demonstrates a warmup and cool-down relative to an aerobic capacity/cardiovascular endurance activity. S3.G4.3B

3c Calculates heart rate per minute and records the results. S3.G4.3C

3d Discusses and performs specific activities that show the FITT principle guidelines of type, intensity, and time. S3.G4.3D

Assessment and Program Planning

4a Completes pre and post- health-related fitness assessments. S3.G4.4A

4b Identifies areas of needed remediation from the results of a personal test and with teacher assistance, identify strategies for progress in those areas. S3.G4.4B

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ersonal Responsibility

1a Exhibits responsible behavior in independent group situations. S4.G4.1A

S4.G4

1b Reflects on personal social behavior in physical activity. S4.G4.1B

1c Explains how skills will develop over time with appropriate practice. S4.G4.1C

Corrective Feedback I

2 Provides feedback to illustrate errors in a peer's skill performance. S4.G4.2

Accepting Feedback

3 Listens respectfully to corrective feedback from others. S4.G4.3

Working with Others

4a Praises the movement performance of others both more skilled and less skilled. S4.G4.4A

4b Includes players of all skill levels into the physical activity. S4.G4.4B

Rules and Etiquette

5 Exhibits etiquette and adherence to rules in a variety of physical activities. S4.G4.5

Safety

6 Works safely with peers in physical activity settings. S4.G4.6

Recognizes the Value of Physical Activity S5.G4

Health

1 Examines the health benefits of participating in physical activity. S5.G4.1

Challenge

2 Rates the enjoyment of participating in challenging and mastered physical activities. S5.G4.2

Self-Expression and Enjoyment

3 Ranks the enjoyment of participating in different physical activities. S5.G4.3

Social Interaction

4 Describes and compares the positive social interactions when engaged in partner, small-group, and largegroup physical activities S5.G4.4