

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](#)

Balance and Weight Transfers

- 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

- 19** Dribbles with hands or feet in combination with other skills. [S1.G4.19](#)

Kicking

- 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-handed 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-handed implement. [S1.G4.24](#)

Striking with a Long-Handled Implement

- 25 Strikes an object with a long-handed implement while demonstrating most of the critical elements. [S1.G4.25](#)

Throwing with a Long-Handled Implement

- 26 Throws with a long-handed 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-handed 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](#)
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Concepts and Strategies S2.G4

Space

- 1a Applies the concept of open spaces to combination skills involving traveling. S2.G4.1A
 - 1b 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
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Pathways, Shapes, and Levels

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

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

S4.G4

Personal Responsibility

- 1a Exhibits responsible behavior in independent group situations. S4.G4.1A
 - 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
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Corrective Feedback I

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

- 3 Listens respectfully to corrective feedback from others. S4.G4.3
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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
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Rules and Etiquette

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

- 6 Works safely with peers in physical activity settings. S4.G4.6
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Recognizes the Value of Physical Activity S5.G4

Health

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

- 2 Rates the enjoyment of participating in challenging and mastered physical activities. S5.G4.2
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Self-Expression and Enjoyment

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

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