Nebraska Physical Education

# Grade 4

Adopted 2016

## Physical Activity Skills and Movement Patterns PE.4.1

1. **Performs locomotor skills in a variety of environments.** PE.4.1.1
   a. Performs various locomotor skills in different environments including rhythmic activities and tumbling. PE.4.1.1.A
   b. Demonstrates the mature pattern for running distance. PE.4.1.1.B
   c. Jumps horizontally and lands using a mature pattern specific to tumbling. PE.4.1.1.C
   d. Jumps vertically and lands using a mature pattern specific to tumbling. PE.4.1.1.D
   e. Combines locomotor movement patterns and dance steps to create and perform an original dance. PE.4.1.1.E
   f. Demonstrates the combination of locomotor skills with manipulative skills (e.g., dribbling, throwing, catching, and striking). PE.4.1.1.F

2. **Performs non-locomotor skills in a variety of environments.** PE.4.1.2
   a. Balances in an inverted position with stillness and supportive base. PE.4.1.2.A
   b. Transfers weight from feet to hands, varying speed and using large extensions (e.g., mule kick, handstand, cartwheel). PE.4.1.2.B
   c. Applies rolling in a tumbling sequence. PE.4.1.2.C
   d. Transitions from one balance to another with curling, stretching, twisting, and bending actions in a tumbling sequence. PE.4.1.2.D
   e. Combines locomotor and non-locomotor skills and movement concepts (e.g., levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a partner. PE.4.1.2.E
   f. Combines traveling with balance and weight transfers to create a tumbling sequence. PE.4.1.2.F

3. **Performs manipulative skills in a variety of environments.** PE.4.1.3
   a. Applies underhand throwing skills with different sizes and types of objects. PE.4.1.3.A
   b. Throws overhand using a mature pattern in a non-dynamic environment. PE.4.1.3.B
   c. Throws to a partner or target with accuracy at a designated distance. PE.4.1.3.C
   d. Passes to a moving partner, at various distances. PE.4.1.3.D

Skip to main content

e. Catches a thrown ball at various levels (e.g., overhand and underhand) using a mature pattern in a non-dynamic environment. PE.4.1.3.E

f. Dribbles, with both the preferred and the non-preferred hands, in self-space using a mature pattern. PE.4.1.3.F

g. Dribbles with feet in general space, with control of ball and body, while increasing and decreasing speed. PE.4.1.3.G

h. Passes and receives a ball with various parts of the feet (e.g., inside, outside, top) with a stationary partner, cushioning on reception before returning the pass. PE.4.1.3.H

i. Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting). PE.4.1.3.I

j. Kicks a ball along the ground using a mature pattern. PE.4.1.3.J

k. Kicks a ball in the air using a mature pattern. PE.4.1.3.K

l. Punts a ball using a mature pattern. PE.4.1.3.L

m. Volleys underhand using a mature pattern in a dynamic environment (e.g., 2-square, 4-square). PE.4.1.3.M

n. Volleys a lightweight ball with a two-hand overhead pattern, sending it upward, demonstrating 4 of 5 critical elements. PE.4.1.3.N

o. Strikes an object with a short-handled implement (e.g., racquet, paddle) over a net or against a wall using a mature pattern. PE.4.1.3.O

p. Strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall. PE.4.1.3.P

q. Strikes an object with a long-handled implement (e.g., hockey stick, bat, golf club), demonstrating 3 of 5 critical elements. PE.4.1.3.Q

r. Strikes a pitched ball with a bat using 4 of 5 critical elements. PE.4.1.3.R

s. Combines traveling with dribbling, throwing, catching, and striking in teacher- and/or student-designed practice tasks. PE.4.1.3.S

t. Creates a jump rope routine with either a short or long rope. PE.4.1.3.T

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**Movement Concepts, Strategies, and Tactics** PE.4.2

1. **Demonstrates knowledge of movement concepts in a variety of environments.** PE.4.2.1

a. Demonstrates the concept of open space with combination skills involving traveling within boundaries while changing speeds (e.g., dribbling and traveling). PE.4.2.1.A

b. Combines movement concepts with skills in small-sided practice tasks, tumbling, and dance environments. PE.4.2.1.B

c. Applies speed and force with pacing when running. PE.4.2.1.C

d. Applies direction and force when striking an object with a short-handled implement, sending it to a designated target. PE.4.2.1.D

Skip to main content

e. Applies the concept of alignment in teacher-designed tumbling and dance sequences. PE.4.2.1.E

f. Applies the concept of muscular tension with balance in teacher-designed tumbling and dance. PE.4.2.1.F

2. **Applies knowledge of strategies and tactics in a variety of environments.** PE.4.2.2

a. Applies simple offensive and defensive strategies in chasing and fleeing activities. PE.4.2.2.A

b. Recognizes the types of kicks needed for different small-sided game situations and activities. PE.4.2.2.B

**Health-Related Physical Activity and Fitness** PE.4.3

1. **Demonstrates the knowledge to achieve and maintain a health-enhancing level of physical activity.** PE.4.3.1

a. Analyzes opportunities for participating in physical activity outside physical education class. PE.4.3.1.A

2. **Engages in physical activity.** PE.4.3.2

a. Engages in physical activity in physical education class without teacher prompting. PE.4.3.2.A

3. **Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.** PE.4.3.3

a. Identifies the components of health-related fitness. PE.4.3.3.A

b. Demonstrates warm-up and cool-down for cardio-respiratory fitness self-evaluation. PE.4.3.3.B

4. **Communicates the importance of health-related fitness components and nutrition for physical activity.** PE.4.3.4

a. Completes health-related fitness assessment (e.g., pre and post). PE.4.3.4.A

b. Utilizes assessment results with teacher assistance to identify components needing maintenance and/or remediation. PE.4.3.4.B

c. Identifies strategies for progress in remediation areas with teacher assistance. PE.4.3.4.C

d. Discusses the importance of hydration and hydration choices for physical activities. PE.4.3.4.D

**Responsible Behavior** PE.4.4

1. **Exhibits personal responsibility in physical activity settings.** PE.4.4.1

a. Exhibits responsible behavior in independent group situations. PE.4.4.1.A

b. Reflects on personal and social behavior in physical activity settings. PE.4.4.1.B

Skip to main content

2. **Accepts and responds to specific corrective feedback from teacher and peers.** PE.4.4.2

a. Listens respectfully to positive corrective feedback from peers and adults. PE.4.4.2.A

b. Gives positive corrective feedback respectfully to peers when prompted. PE.4.4.2.B

3. **Exhibits responsible social behavior when working with others.** PE.4.4.3

a. Praises the movement performance of others with varying skill abilities. PE.4.4.3.A

b. Accepts players of varying skill levels into the physical activity. PE.4.4.3.B

4. **Follows rules and demonstrates proper etiquette.** PE.4.4.4

a. Exhibits etiquette and adherence to rules in a variety of physical activities. PE.4.4.4.A

5. **Participates safely in physical activities.** PE.4.4.5

a. Works safely with peers and equipment in physical activity settings. PE.4.4.5.A

**Physical Activity Benefits** PE.4.5

1. **Recognizes the benefits of physical activity for health.** PE.4.5.1

a. Investigates the health benefits of participation in physical activity. PE.4.5.1.A

2. **Recognizes the benefits of physical activity for challenge.** PE.4.5.2

a. Rates the satisfaction of participating in challenging and mastered physical activities. PE.4.5.2.A

3. **Recognizes the benefits of physical activity for self-expression and enjoyment.** PE.4.5.3

a. Ranks the enjoyment of participating in different physical activities. PE.4.5.3.A

4. **Recognizes the benefits of physical activity for social interaction.** PE.4.5.4

a. Describes and compares the positive social interactions when engaged in partner, small group, and large group physical activities. PE.4.5.4.A