

Grade 4

Demonstrates competency in a variety of motor skills and movement patterns. 1

Sports Skills and Games

- 1 Demonstrates a combination of locomotor, non-locomotor, and manipulative skills in a variety of physical activities. 1.1.4

Dance, Movement, and Rhythmic Activities

- 2 Demonstrates a combination of locomotor, non-locomotor, and manipulative skills in a variety of physical activities in dance, movement, and rhythmic activities. 1.2.4

Fitness Activities

- 3 Demonstrates a combination of locomotor, non-locomotor, and manipulative skills. 1.3.4

Lifetime Activities

- 4 Demonstrates a combination of locomotor, non-locomotor, and manipulative skills in a variety of physical activities. 1.4.4

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2

Movement Concepts

- 1 Demonstrates a combination of movement concepts, locomotor, and/or manipulative skills in a variety of physical activities. 2.1.4

Strategies and Tactics

- 2 Identifies emerging forms of simple strategies, tactics, and communication in small-sided games and other physical activities. 2.2.4

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

Fitness Planning

- 1 Identifies the components of skill-related fitness. 3.1.4

Additional Health-Enhancing Behaviors

- 2 Explains how health-enhancing behaviors influence overall wellness. 3.2.4

Exhibits responsible personal and social behavior that respects self and others. 4

Self-awareness and management

- 1 Demonstrates responsible personal behavior in physical activity settings. 4.1.4

	Social awareness and relationship skills 2 Demonstrates responsible behavior with minimal teacher prompts in physical activity settings. 4.2.4
	Responsible decision making 3 Compares and contrasts possible outcomes to decisions in physical activity settings. 4.3.4
Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression. 5	Overall Wellness 1 Examines the overall wellness benefits of physical activity and identifies potential consequences of inactivity. 5.1.4 Challenge 2 Describes the challenge that comes from learning a new physical activity. 5.2.4 Self-Expression/Enjoyment 3 Ranks the personal level of enjoyment in participating in different physical activities. 5.3.4
Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness. 6	Personal and Community Resources 1 Describes how personal resources could be used to support participation in a variety of physical activities. 6.1.4 Careers The outcomes for 6.2. begin in grade 6.