North Carolina Physical Education

Fourth Grade

Motor Skills

1 **Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.** 4.MS.1

1 Demonstrate mature form of locomotor skills required in a variety of physical activity settings. PE.4.MS.1.1

2 Demonstrate mature form of a variety of manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking) in varied physical activity settings. PE.4.MS.1.2

3 Demonstrate combinations of locomotor and manipulative skills in a variety of physical activity settings. PE.4.MS.1.3

4 Demonstrate combinations of movement patterns and/or dance steps in an original sequence. PE.4.MS.1.4

Movement Concepts

2 **Demonstrate understanding of concepts that apply to the learning and performance of movement.** 4.MC.2

1 Demonstrate understanding of manipulative skill combinations in small-sided practice tasks. PE.4.MC.2.1

2 Demonstrate understanding of simple offensive and defensive strategies and tactics. PE.4.MC.2.2

3 Use evaluative tools to improve skill performance of self and others. PE.4.MC.2.3

Health-Related Fitness

3 **Demonstrate the knowledge and skills needed to achieve a health-enhancing level of physical activity and fitness.** 4.HF.3

1 Identify each of the five health-related fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition) and their associated exercises. PE.4.HF.3.1

2 Identify personal opportunities for physical activity outside of physical education class. PE.4.HF.3.2

3 Develop personal goals to improve two or more of the health-related fitness components. PE.4.HF.3.3

Personal/Social Responsibility

4 **Demonstrate responsible personal and social behavior that respects self and others.** 4.PR.4

Demonstrate personal and social responsibility in independent group situations. PE.4.PR.4.1

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2 Demonstrate understanding of how positive social interactions help achieve common goals when engaged with others in a variety of physical activities. PE.4.PR.4.2

3 Demonstrate independent and safe practices when working with peers and equipment in various physical activities. PE.4.PR.4.3