North Dakota Physical Education

Grade 4

Adopted 2015

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

4. **Uses various locomotor skills in a variety of small-sided practice tasks, dance/rhythmic movement and educational gymnastics experiences.** S1.E1.4

4. **Runs for distance using a mature pattern.** S1.E2.4

4. **Uses spring-and-step take-offs and landings specific to gymnastics (horizontal).** S1.E3.4

4. **Uses spring-and-step take-offs and landings specific to gymnastics (vertical).** S1.E4.4

4. **Combines locomotor movement patterns and dance steps to create and perform an original dance.** S1.E5.4

4. **Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher and/or student-designed small-sided practice tasks.** S1.E6.4

4. **Balances on different bases of support on apparatus (e.g., balance beam, bench, BOSU ball), demonstrating levels and shapes.** S1.E7.4

4. **Transfers weight from feet to hands varying speed and using large extensions (e.g., mule kick, handstand, cartwheel).** S1.E8.4

4. **Applies skill.** S1.E9.4

4. **Moves into and out of balances on apparatus with curling, twisting and stretching actions.** S1.E10.4

4. **Combines locomotor skills and movement concepts (e.g., levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance/rhythmic movement with a partner.** S1.E11.4

4. **Combines traveling with balance and weight transfers to create a gymnastics sequence with and without equipment or apparatus.** S1.E12.4

4. **Applies skill.** S1.E13.4

a. **Throws overhand using a mature pattern in nondynamic environments (closed skills).** S1.E14.4.A

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b. **Throws overhand to a partner or at a target with accuracy at a reasonable distance.** S1.E14.4.B

4. **Throws to a moving partner with reasonable accuracy in a nondynamic environments (closed skills).** S1.E15.4

4. **Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a nondynamic environment (closed skills).** S1.E16.4

a. **Dribbles in self-space with both the preferred and the non-preferred hands using a mature pattern.** S1.E17.4.A

b. **Dribbles in general space in control of ball and body while increasing and decreasing speed.** S1.E17.4.B

4. **Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed.** S1.E18.4

a. **Passes and receives a ball with the insides of the feet to a moving partner in a nondynamic environments (closed skills).** S1.E19.4.A

b. **Receives and passes a ball with the outsides and insides of the feet to a stationary partner, "giving" on reception before returning the pass.** S1.E19.4.B

4. **Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting).** S1.E20.4

4. **Kicks along the ground and in the air, and punts using mature patterns.** S1.E21.4

4. **Volleys underhand using a mature pattern, in a dynamic environment (e.g., 2 square, 4 square, handball).** S1.E22.4

4. **Strikes/volleys a ball with a two-hand over-head pattern, sending it upward while demonstrating four of the five critical elements of a mature pattern.** S1.E23.4

a. **Strikes an object with a short-handled implement while demonstrating a mature pattern.** S1.E24.4.A

b. **Strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall.** S1.E24.4.B

4. **Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis or badminton racket), while demonstrating three of the five critical elements of a mature pattern for the implement (e.g., grip, stance, body orientation, swing plane and follow-through).** S1.E25.4

4. **Combines traveling with the manipulative skills of dribbling, throwing, catching and striking in teacher-and/or student-designed, small-sided, practice-task environments.** S1.E26.4

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	4. Creates a jump-rope routine with either a short or long rope. S1.E27.4
Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	a. Applies the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling). S2.E1.4.A
	b. Applies the concept of closing spaces in small-sided practice tasks. S2.E1.4.B
	c. Dribbles in general space with changes in direction and speed. S2.E1.4.C
	4. Combines movement concepts with skills in small-sided practice tasks, gymnastics and dance/rhythmic movement environments. S2.E2.4
	a. Applies the movement concepts of speed, endurance and pacing for running. S2.E3.4.A
	b. Applies the concepts of direction and force when striking an object with a short-handled implement, sending it towards a designated target. S2.E3.4.B
	4. Applies skill. S2.E4.4
	a. Applies simple offensive strategies and tactics in chasing and fleeing activities. S2.E5.4.A
	b. Applies simple defensive strategies and tactics in chasing and fleeing activities. S2.E5.4.B
	c. Recognizes the type of kicks needed for different games and sports situations. S2.E5.4.C
Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	4. Analyzes opportunities for participating in physical activity outside physical education class (e.g., indoor and outdoor recess). S3.E1.4
	4. Actively engages in the activities of physical education class, both teacher-directed and independent. S3.E2.4
	4. Identifies the components of health-related fitness. S3.E3.4
	4. Demonstrates warm-up and cool-down relative to the cardiorespiratory fitness assessment. S3.E4.4
	a. Completes fitness assessments (pre- and post-) (e.g., Presidential Youth Fitness Program/FITNESSGRAM). S3.E5.4.A
	b. Identifies areas of needed remediation from personal test and, with teacher assistance, identifies strategies for progress in those areas. S3.E5.4.B
	4. Discusses the importance of hydration and hydration choices relative to physical activities. S3.E6.4

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Exhibits responsible personal and social behavior that respects self and others.	**4. Exhibits responsible behavior in independent group situations.** S4.E1.4
	4. Reflects on personal social behavior in physical activity. S4.E2.4
	4. Listens respectfully to corrective feedback from others (e.g., peers, adults). S4.E3.4
	a. Recognizes the movement performance of others both more and less skilled. S4.E4.4.A
	b. Accepts players of all skill levels into the physical activity. S4.E4.4.B
	4. Exhibits etiquette and adherence to rules in a variety of physical activities. S4.E5.4
	4. Works safely with peers and equipment in physical activity settings. S4.E6.4
Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	**4. Examines the health benefits of participating in physical activity.** S5.E1.4
	4. Rates the enjoyment of participating in challenging and mastered physical activities. S5.E2.4
	4. Ranks the enjoyment of participating in different physical activities. S5.E3.4
	4. Describes and compares the positive social interactions when engaged in partner, small-group and large-group physical activities. S5.E4.4