Oklahoma Physical Education

Grade 4

Adopted 2016

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, 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 (e.g., cartwheel, round-off).** S1.E3.4
4. **Uses spring-and-step take-offs and landings specific to gymnastics (e.g., cartwheel, round-off).** 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 demonstrating levels and shapes.** S1.E7.4
4. **Transfers weight from feet to hands varying the speed and using large extensions (e.g., mule kick, handstand, cartwheel).** S1.E8.4
4. **Applies skills.** 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 (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a partner.** S1.E11.4
4. **Combines balance and weight transfers with movement concepts to create and perform a dance.** S1.E12.4
4. **Throws underhand and overhand in a mature pattern in a non-dynamic environment.** S1.E13.4
4. **Throws to a moving partner with reasonable accuracy in a non-dynamic environment (closed skills).** S1.E14.4

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4. Catches a thrown ball above the head, at the chest or waist level, and below the waist using a mature pattern in a non-dynamic environment (closed skills). S1.E15.4

4a. Dribbles in self-space with both the preferred and non-preferred hands using a mature pattern. S1.E16.4A

4b. Dribbles in general space with control of ball and body while increasing and decreasing speed. S1.E16.4B

4. Dribbles with the feet in general space with control of the ball and body while increasing and decreasing speed. S1.E17.4

4a. Passes and receives the ball using the insides of the feet to a moving partner in a non-dynamic environment (closed skills). S1.E18.4A

4b. 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.E18.4B

4. Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting). S1.E19.4

4. Kicks along the ground and in the air and punts using mature pattern. S1.E20.4

4. Volleys underhand using a mature pattern in a dynamic environment (two square, four square, handball). S1.E21.4

4. Volleys the ball with a two-handed overhead pattern sending it upward demonstrating four of the five critical elements of a mature pattern. S1.E22.4

4a. Strikes an object with a short-handled implement while demonstrating a mature pattern. S1.E23.4A

4b. Strikes an object with a short-handled implement alternating hits with a partner over a low net or against a wall. S1.E23.4B

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 (grip, stance, body orientation, swing plane, follow through). S1.E24.4

4. Combines traveling with manipulative skills of dribbling, throwing, catching, and striking in teacher and/or student designed small-sided practice task environments. S1.E25.4

4. Creates a jump rope routine with either a short or long jump rope. S1.E26.4

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Applies the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling). S2.E1.4A

related to movement and performance.	**4b.** Applies the concept of closing spaces in small-sided practice tasks. S2.E1.4B
	4c. Dribbles in general spaces with changes in direction & speed. S2.E1.4C
	4. Combines movement concepts with skills in small-sided practice tasks, gymnastics and dance environments. S2.E2.4
	4a. Applies the movement concepts of speed, endurance and pacing for running. S2.E3.4A
	4b. Applies the concepts of direction and force when striking an object with a short-handled implement, sending it toward a designated target. S2.E3.4B
	4. Applies skill. S2.E4.4
	4a. Applies simple offensive strategies & defensive strategies & tactics in chasing and fleeing activities. S2.E5.4A
	4b. Recognizes the types of kicks needed for different games and sports situations. S2.E5.4B
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. S3.E1.4
	4a. Actively engages in the activities of physical education class, both teacher directed and independent. S3.E2.4A
	4b. Engaged in MVPA 50% of class time. S3.E2.4B
	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
	4a. Completes fitness assessments (pre and post). S3.E5.4A
	4b. Identifies areas of needed remediation from personal test and, with teacher assistance, identifies strategies for progress in those areas. S3.E5.4B
	4. Discusses the importance of hydration and hydration choices relative to physical activities. S3.E6.4
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

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	4a. Praises the movement performances of others both more and less skilled. S4.E4.4A
	4b. Accepts players of all skill levels into the physical activity. S4.E4.4B
	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 that come when engaged in partner, small group and large group physical activities. S5.E4.4