

# Grade 4

Adopted 2016

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

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- 4. Uses various locomotor skills in a variety of small-sided practice tasks, dance, and educational gymnastics experiences.** S1.E1.4
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- 4. Runs for distance using a mature pattern.** S1.E2.4
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- 4. Uses spring-and-step take-offs and landings specific to gymnastics (e.g., cartwheel, round-off).** S1.E3.4
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- 4. Uses spring-and-step take-offs and landings specific to gymnastics (e.g., cartwheel, round-off).** S1.E4.4
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- 4. Combines locomotor movement patterns and dance steps to create and perform an original dance.** S1.E5.4
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- 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
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- 4. Balances on different bases of support on apparatus demonstrating levels and shapes.** S1.E7.4
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- 4. Transfers weight from feet to hands varying the speed and using large extensions (e.g., mule kick, handstand, cartwheel).** S1.E8.4
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- 4. Applies skills.** S1.E9.4
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- 4. Moves into and out of balances on apparatus with curling, twisting, and stretching actions.** S1.E10.4
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- 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
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- 4. Combines balance and weight transfers with movement concepts to create and perform a dance.** S1.E12.4
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- 4. Throws underhand and overhand in a mature pattern in a non-dynamic environment.** S1.E13.4
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- 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
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- 4a. Dribbles in self-space with both the preferred and non-preferred hands using a mature pattern.** S1.E16.4A
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- 4b. Dribbles in general space with control of ball and body while increasing and decreasing speed.** S1.E16.4B
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- 4. Dribbles with the feet in general space with control of the ball and body while increasing and decreasing speed.** S1.E17.4
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- 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
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- 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
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- 4. Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting).** S1.E19.4
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- 4. Kicks along the ground and in the air and punts using mature pattern.** S1.E20.4
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- 4. Volleys underhand using a mature pattern in a dynamic environment (two square, four square, handball).** S1.E21.4
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- 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
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- 4a. Strikes an object with a short-handled implement while demonstrating a mature pattern.** S1.E23.4A
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- 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
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- 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
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- 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
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- 4. Creates a jump rope routine with either a short or long jump rope.** S1.E26.4
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- 4a. Applies the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling).** S2.E1.4A

Applies knowledge of concepts, principles, strategies and tactics

related to movement and performance.

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**4b. Applies the concept of closing spaces in small-sided practice tasks.** S2.E1.4B

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**4c. Dribbles in general spaces with changes in direction & speed.** S2.E1.4C

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**4. Combines movement concepts with skills in small-sided practice tasks, gymnastics and dance environments.** S2.E2.4

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**4a. Applies the movement concepts of speed, endurance and pacing for running.** S2.E3.4A

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**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

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**4. Applies skill.** S2.E4.4

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**4a. Applies simple offensive strategies & defensive strategies & tactics in chasing and fleeing activities.** S2.E5.4A

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**4b. Recognizes the types of kicks needed for different games and sports situations.** S2.E5.4B

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

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**4. Analyzes opportunities for participating in physical activity outside physical education class.** S3.E1.4

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**4a. Actively engages in the activities of physical education class, both teacher directed and independent.** S3.E2.4A

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**4b. Engaged in MVPA 50% of class time.** S3.E2.4B

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**4. Identifies the components of health related fitness.** S3.E3.4

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**4. Demonstrates warm up and cool down relative to the cardiorespiratory fitness assessment.** S3.E4.4

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**4a. Completes fitness assessments (pre and post).** S3.E5.4A

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**4b. Identifies areas of needed remediation from personal test and, with teacher assistance, identifies strategies for progress in those areas.** S3.E5.4B

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**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.

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**4. Exhibits responsible behavior in independent group situations.** S4.E1.4

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**4. Reflects on personal social behavior in physical activity.** S4.E2.4

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**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

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**4b. Accepts players of all skill levels into the physical activity.** S4.E4.4B

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**4. Exhibits etiquette and adherence to rules in a variety of physical activities.** S4.E5.4

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**4. Works safely with peers and equipment in physical activity settings.** S4.E6.4

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**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

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**4. Rates the enjoyment of participating in challenging and mastered physical activities.** S5.E2.4

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**4. Ranks the enjoyment of participating in different physical activities.** S5.E3.4

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**4. Describes and compares the positive social interactions that come when engaged in partner, small group and large group physical activities.** S5.E4.4