South Dakota Physical Education

Grade 4

Adopted 2014

The physically literate individual demonstrates proficiency 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.** S1.E3.4

4. **Combines locomotor movement patterns and dance steps to create and perform an original rhythmic activity/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 speed and using large extensions (e.g., mule kick, handstand, cartwheel).** S1.E8.4

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

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

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

4. **Throws underhand to a partner or target with reasonable force and accuracy.** S1.E13.4

4a. **Throws overhand using a mature pattern in non-dynamic environments.** S1.E14.4A

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

Throws to a moving partner with reasonable accuracy in a non-dynamic environment. S1.E15.4

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	4. Catches a thrown ball above the head, at chest/waist level and below the waist using a mature pattern in a non-dynamic environment. S1.E16.4
	4a. Dribbles in self-space with both the dominant and the non-dominant hand using a mature pattern. S1.E17.4A
	4b. Dribbles in general space with control of ball and body while increasing and decreasing speed. S1.E17.4B
	4. Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed. S1.E18.4
	4a. Receives and passes a ball with the insides of the feet to a moving partner in a non-dynamic environment. S1.E19.4A
	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.E19.4B
	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. Strikes/volleys with a two-hand overhead pattern, sending a ball upward while demonstrating four of the five critical elements of a mature pattern. S1.E23.4
	4a. Strikes an object with a short-handled implement while demonstrating a mature pattern. S1.E24.4A
	4b. Strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall. S1.E24.4B
	4. Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis racket), while demonstrating three of the five critical elements of a mature pattern for the implement. S1.E25.4
	4. Creates a jump-rope routine with either a short or long rope. S1.E27.4
The physically literate individual applies knowledge of concepts, principles, strategies and tactics to enhance movement and performance.	**4a.** Applies skill concepts in spaces to combination skills involving traveling, (e.g., dribbling and traveling). S2.E1.4A
	4b. Applies the concept of closing spaces in small-sided practice tasks. S2.E1.4B
	4c. Dribbles in general space with changes in direction and speed. S2.E1.4C
	4. Combines movement concepts with skills in small-sided practice physical activities. S2.E2.4

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	4a. Applies the movement concepts with effort concepts and locomotor or manipulative concepts. S2.E3.4A
	4b. Applies effort concepts when striking an object with a short-handled implement, sending it toward a designated target. S2.E3.4B
	4. Applies simply strategies/tactics to relationship concepts in small-sided physical activities. S2.E4.4
	4. Uses technology or other resources to recognize different levels of fitness. S2.E6.4
The physically literate individual 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
	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 cardio-respiratory 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
	4. Discuss what types of situations cause stress. S3.E7.4
The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment.	**4.** Exhibits responsible behavior in independent group situations. S4.E1.4
	4a. Resolves conflicts in a socially acceptable manner. S4.E2.4A
	4b. Exhibits respect for self with developmentally appropriate behavior while engaging in physical activity. S4.E2.4B
	4. Listens respectfully to corrective feedback from others (e.g., peers, adults). S4.E3.4
	4a. Praises the movement performance of others both more- and less-skilled. S4.E4.4A
	4b. Accepts "players" of all skill levels into the physical activity. S4.E4.4B
	Recognizes and understands individual uniqueness and diversity. S4.E4.4C

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	4a. Exhibits etiquette and adherence to rules in a variety of physical activities. S4.E5.4A
	4b. Exhibits the fundamentals of good sportsmanship. S4.E5.4B
	4. Works safely with peers and equipment in physical activity settings. S4.E6.4
The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities and social interaction.	**4.** Examines the health benefits of participating in physical activity. S5.E1.4
	4. Recognizes the enjoyment of participating in challenging and mastered physical activities. S5.E2.4
	4. Recognizes 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