Tennessee Physical Education

Grade 4

Adopted 2016

Motor Skills

1. **Hop (one foot), gallop, slide, skip** MS.1
   4. Uses various locomotor skills in a variety of small-sided games/practice tasks, dance, and/or educational gymnastics experiences. MS.1.4

2. **Jog, run** MS.2
   4. Uses appropriate speed in chase, flee, and dodge activities. MS.2.4

3. **Jump & land for distance (horizontal)** MS.3
   4. Combines jumping and landing with traveling (e.g., running and leaping). MS.3.4

4. **Jump & land for height (vertical)** MS.4
   4. Combines traveling with jumping and landing. MS.4.4

5. **Dance** MS.5
   4. Performs a cultural dance on beat with correct pattern. MS.5.4

6. **Balance** MS.6
   4. Balances with a partner demonstrating counterbalance, muscular tension, and extension of free body parts. MS.6.4

7. **Weight Transfer & Rolling (OPTIONAL)** MS.7
   a. Uses transfers of weight or rolling as a transitional movement in a sequence. MS.7.4.A
   b. Performs a forward roll or shoulder roll using momentum to come to a standing position. MS.7.4.B

8. **Combinations (optional)** MS.8
   4. Combines traveling, balance and weight transfers/rolls to create and perform an educational gymnastics sequence. MS.8.4

9. **Underhand Throw** MS.9
   4. Throws underhand to a partner or target with accuracy. MS.9.4

Overhand Throw MS.10
   4. Throws overhand to a partner or target with accuracy. MS.10.4

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11. Catching MS.11

4. Catches an object at various levels and locations around the body (from partner). MS.11.4

12. Passing & Receiving with implements MS.12

4. Passing and receiving with a partner while stationary with accuracy. MS.12.4

13. Dribbling with hands MS.13

a. Dribbles with preferred hand using mature pattern while jogging. MS.13.4.A

b. Dribbles while increasing and decreasing speeds. MS.13.4.B

14. Dribbling with feet MS.14

a. Dribbles with feet using mature pattern while jogging. MS.14.4.A

b. Dribbles with feet while increasing and decreasing speeds. MS.14.4.B

15. Kicking (force or distance) MS.15

a. Kicks a ball with a running approach for accuracy. MS.15.4.A

b. Kicks a moving ball with a running approach. MS.15.4.B

16. Passing & Receiving with feet MS.16

4. Passes and receives the ball with the insides/outsides of the feet to a moving partner. MS.16.4

17. Striking with hand(s) MS.17

a. Strikes an object in partner or small-sided practice tasks. MS.17.4.A

b. Overhead volleys a ball with two hands, body positioned under the ball, and contact made with finger pads sending it upward. MS.17.4.B

18. Striking, short implement MS.18

4. Strikes an object with a short-handled implement sending it forward using a forehand pattern with side to target and implement back in preparation. MS.18.4

19. Striking, long implement MS.19

4. Strikes an object with a long-handled implement (e.g., bat, hockey stick, golf club) with proper grip, body orientation, and swing plane. MS.19.4

20. Jumping Rope MS.20

4. Performs a simple jump rope routine with short or long rope. MS.20.4

Movement Knowledge & Application (MKA)

1. Space Awareness (location) MKA.1

a. Compares and contrasts open and closed spaces. MKA.1.4.A

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b. Applies the concept of open space to combination skills (e.g., traveling and dribbling). MKA.1.4.B

2. Space Awareness (pathways, levels, directions MKA.2

a. Compares and contrasts use of pathways, levels, and directions. MKA.2.4.A

b. Uses pathways, levels, and directions in a variety of small-sided games/practice tasks, dance, and/or educational gymnastics experiences. MKA.2.4.B

3. Effort: speed and force MKA.3

a. Compares and contrasts use of speeds and forces within movement. MKA.3.4.A

b. Uses speeds and forces in a variety of small-sided games/practice tasks, dance, and/or educational gymnastics experiences. MKA.3.4.B

4. Relationships (body shapes, with objects, with people) MKA.4

a. Compares and contrasts relationships in movement. MKA.4.4.A

b. Uses relationships in a variety of small-sided games/practice tasks, dance, and/or educational gymnastics experiences. MKA.4.4.B

5. Movement Principles (base of support, muscle tension, ready position) MKA.5

a. Explains how movement principles are used in a variety of dance and/or educational gymnastic experiences. MKA.5.4.A

b. Applies movement principles in a variety of dance and/or educational gymnastics experiences. MKA.5.4.B

6. Performance Cues MKA.6

4. Explains how to correctly perform a skill. MKA.6.4

7. Simple Strategies MKA.7

4. Designs and implements simple strategies in game-like activities. MKA.7.4

Fitness & Physical Activity (FPA)

1. Health-related Fitness FPA.1

4. Identifies the components of health-related fitness. FPA.1.4

2. Physical Activity FPA.2

4. Analyzes opportunities in the community for physical activity. FPA.2.4

Personal & Social Responsibility (PSR)

1. Personal Responsibility PSR.1

a. Exhibits responsible behavior in group settings. PSR.1.4.A

b. Reflects on personal behavior in group settings. PSR.1.4.B

2. Feedback PSR.2

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4. Listens respectfully to corrective feedback from teachers and peers. PSR.2.4

	3. Working with others PSR.3 4. Interacts positively with others regardless of personal differences. PSR.3.4
	4. Procedures & Rules PSR.4 4. Adheres to specific rules to promote fair play in small-sided games. PSR.4.4
	5. Safety PSR.5 4. Applies safety principles in all physical activities. PSR.5.4
Values Physical Activity (VPA)	**1. Appreciation** VPA.1 4. Ranks different physical activities based on personal preference. VPA.1.4
	2. Challenge VPA.2 4. Discusses the challenge that comes from learning a new physical activity. VPA.2.4