

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
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2. Jog, run MS.2

- 4. Uses appropriate speed in chase, flee, and dodge activities. MS.2.4
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3. Jump & land for distance (horizontal) MS.3

- 4. Combines jumping and landing with traveling (e.g., running and leaping). MS.3.4
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4. Jump & land for height (vertical) MS.4

- 4. Combines traveling with jumping and landing. MS.4.4
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5. Dance MS.5

- 4. Performs a cultural dance on beat with correct pattern. MS.5.4
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6. Balance MS.6

- 4. Balances with a partner demonstrating counterbalance, muscular tension, and extension of free body parts. MS.6.4
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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
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8. Combinations (optional) MS.8

- 4. Combines traveling, balance and weight transfers/rolls to create and perform an educational gymnastics sequence. MS.8.4
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9. Underhand Throw MS.9

- 4. Throws underhand to a partner or target with accuracy. MS.9.4
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10. Overhand Throw MS.10

- 4. Throws overhand to a partner or target with accuracy. MS.10.4

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/outside 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
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Movement Knowledge & Application (MKA)

1. Space Awareness (location) MKA.1

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

- 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

- 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
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4. Procedures & Rules PSR.4

4. Adheres to specific rules to promote fair play in small-sided games. PSR.4.4
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5. Safety PSR.5

4. Applies safety principles in all physical activities. PSR.5.4
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**Values Physical Activity
(VPA)**

1. Appreciation VPA.1

4. Ranks different physical activities based on personal preference. VPA.1.4
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2. Challenge VPA.2

4. Discusses the challenge that comes from learning a new physical activity. VPA.2.4