Washington Health and Physical Education

Physical: Grade 4

Adopted 2016

Students will demonstrate competency in a variety of motor skills and movement patterns.

1. **Locomotor**
   a. Apply mature pattern in locomotor skills in a variety of lead-up activities and small-sided game play. PE1.1.4.A
   b. Demonstrate appropriate pacing in a variety of running distances. PE1.1.4.B

2. **Nonlocomotor**
   4. Apply mature pattern in nonlocomotor skills in a variety of lead-up activities and small-sided game play. PE1.2.4

3. **Balance**
   4. Apply static and dynamic balance in a variety of lead-up activities and small-sided game play. PE1.3.4

4. **Weight Transfer**
   4. Demonstrate weight transfer from feet to hands varying speed and using large extensions. PE1.4.4

5. **Rhythm**
   4. Demonstrate rhythmic combinations to perform a routine. PE1.5.4

6. **Underhand Throw**
   a. Demonstrate mature pattern in an underhand throw to a moving partner. PE1.6.4.A
   b. Demonstrate mature pattern in an underhand throw with accuracy. PE1.6.4.B

7. **Overhand Throw**
   a. Demonstrate mature pattern in an overhand throw for distance. PE1.7.4.A
   b. Demonstrate mature pattern in an overhand throw to a partner or target with reasonable accuracy. PE1.7.4.B

8. **Catch**
   4. Apply mature pattern in catching in a variety of lead-up activities and small-sided game play. PE1.8.4

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Hand Dribble

a. Demonstrate mature pattern while hand-dribbling continuously in general space with non-preferred hand. PE1.9.4.A

b. Demonstrate mature pattern while hand-dribbling in general space in a variety of lead-up activities and small-sided game play. PE1.9.4.B

10. Foot Pass/Kick

a. Demonstrate mature pattern while passing with the feet to a moving partner in a static environment. PE1.10.4.A

b. Demonstrate mature pattern while passing and kicking a ball in the air. PE1.10.4.B

c. Demonstrate mature pattern while punting in isolation. PE1.10.4.C

11. Foot Trap/Receive

4. Demonstrate mature pattern while receiving with the foot when moving in a static environment. PE1.11.4

12. Foot Dribble

4. Demonstrate mature pattern while foot-dribbling in a variety of lead-up activities and small-sided game play. PE1.12.4

13. Strike/Volley, Hands and Arms

a. Demonstrate mature pattern while striking an object underhand in a variety of lead-up activities and small-sided game play. PE1.13.4.A

b. Demonstrate emerging pattern while striking an object with a two-handed overhead pass, sending it upward. PE1.13.4.B

14. Strike, Short Implement

4. Demonstrate mature pattern while striking an object with a short-handled implement, sending it forward. PE1.14.4

15. Strike, Long Implement

a. Demonstrate emerging pattern while striking a tossed ball with a bat. PE1.15.4.A

b. Demonstrate mature pattern while striking an object with a long-handled implement in a variety of lead-up activities and small-sided game play. PE1.15.4.B

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

1. Space

4. Apply the concept of moving to open space and reducing open space in a variety of lead-up activities and small-sided game play. PE2.1.4

2. Pathways, Levels, and Relationships

4. Apply concepts of space, pathways, levels, and relationships in a variety of lead-up activities and small-sided game play. PE2.2.4

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3. **Speed, Direction, and Force**
    a. Apply the concept of pacing in a variety of activities. PE2.3.4.A
    b. Apply concepts of direction and force when striking an object toward a designated area. PE2.3.4.B
4. **Strategies**
    4. Demonstrate offensive and defensive strategies in lead-up activities and small-sided game play. PE2.4.4

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

1. **Benefit of Physical Activity**
    4. Describe impact of regular physical activity on health. PE3.1.4
2. **Engagement in Physical Activity**
    4. Actively engage in physical education class. PE3.2.4
3. **Health-Related Fitness**
    a. Classify fitness assessments to corresponding components of health-related fitness (cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, body composition). PE3.3.4.A
    b. Recognize components of the FITT principle (frequency, intensity, time, type). PE3.3.4.B
4. **Skill-Related Fitness**
    4. Recognize components of skill-related fitness (agility, balance, coordination, power, reaction time, speed). PE3.4.4
5. **Fitness Assessment**
    4. Use fitness assessment results to understand personal level of fitness. PE3.5.4
6. **Engagement in Fitness Activities**
    4. Participate in developmentally appropriate activities to improve overall fitness. PE3.6.4
7. **Body Systems**
    4. Describe connections between body systems. PE3.7.4
8. **Nutrition**
    a. Create a balanced daily food plan. PE3.8.4.A
    b. Describe how each nutrient provides energy for the body. PE3.8.4.B
    c. Identify ways to balance caloric intake and expenditure. PE3.8.4.C

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Personal Responsibility

and social behavior that respects self and others.

4. Demonstrate responsible behavior in a variety of physical activity environments. PE4.1.4

2. Rules and Etiquette

4. Apply etiquette in physical activities. PE4.2.4

3. Receiving and Providing Feedback

4. Demonstrate accepting and implementing feedback from peers. PE4.3.4

4. Working with Others

a. Recognize importance of accepting students of all skill abilities into physical activity. PE4.4.4.A

b. Demonstrate conflict resolution using a variety of strategies. PE4.4.4.B

5. Safety

4. Apply safety principles in physical activities (with self, with peers, with equipment). PE4.5.4

Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

1. Challenge

4. Understand that improving performance in challenging physical activities requires consistent practice. PE5.1.4

2. Self-Expression and Enjoyment

4. Identify physical activities for the purpose of self-expression and enjoyment. PE5.2.4

3. Social Interaction

a. Describe social benefits gained from participating in physical activity. PE5.3.4.A

b. Describe physical activities that promote camaraderie. PE5.3.4.B