Wisconsin Physical Education

4th Grade

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

Locomotor: Walk, Run, Hop, Leap, Slide, Gallop, Skip

1A Leap using a mature pattern. PE.S1.E1A.4

1B Demonstrate pacing with teacher direction. PE.S1.E1B.4

Locomotor: Jumping and Landing (horizontal and vertical planes)

2 Demonstrate spring and step take-offs and landings specific to gymnastics. PE.S1.E2.4

Locomotor: Dance/ Rhythmic Activities

3 Combine locomotor movement patterns and dance steps/rhythm to create and perform an original dance. PE.S1.E3.4

Locomotor: Combinations

4 Combine traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- or student-designed small-sided practice tasks. PE.S1.E4.4

Nonlocomotor (stability): Weight Transfer and Rolling Actions

5A Transfer weight from feet to hands for momentary weight support. PE.S1.E5A.4

5B Transition into and out of a roll as part of a gymnastics sequence. PE.S1.E5B.4

Nonlocomotor (stability): Balance

6 Balance on different bases of support on apparatus, demonstrating levels and shapes (e.g., balance beam, dome cones, stepping stones, balance ball, aerobic step benches, skate boards, saturn balls, pogo sticks, stilts). PE.S1.E6.4

Nonlocomotor (stability): Curling and Stretching; Twisting and Bending

7 Move into and out of balances on an apparatus with curling, twisting, and stretching actions. PE.S1.E7.4

Nonlocomotor (stability): Combinations

8 Combine locomotor skills, non-locomotor skills, and movement concepts (levels, shapes, extensions, pathways, force, time, and flow) to create and perform a dance with a partner. PE.S1.E8.4

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Nonlocomotor (stability): Balance and Weight Transfer

9 Combine traveling with balance and weight transfers to create a gymnastics sequence with and without equipment or an apparatus. PE.S1.E9.4

Manipulative: Underhand Throw; Underhand Roll

10 Roll or throw underhand using a mature pattern in non-dynamic environments with different sizes and types of objects. PE.S1.E10.4

Manipulative: Overhand Throw; Backhand Throw (disc)

11A Throw overhand using a mature pattern with accuracy in nondynamic environments. PE.S1.E11A.4

11B Throw overhand to a moving partner with reasonable accuracy. PE.S1.E11B.4

11C traveling and throwing overhand in a teacher- or studentdesigned smallsided practice task environment. PE.S1.E11C.4

11D Throw backhand, demonstrating three of the five critical elements of a mature pattern, in non-dynamic environments. PE.S1.E11D.4

Manipulative: Passing (with hands)

12 Pass to a moving partner with reasonable accuracy in a nondynamic environment. PE.S1.E12.4

Manipulative: Catching

13A Catch a thrown object above the head, at chest or waist level, and below the waist using a mature pattern in a non-dynamic environment. PE.S1.E13A.4

13B Combine traveling and catching in a teacher- or studentdesigned smallsided practice task environment. PE.S1.E13B.4

Manipulative: Dribbling (with hands)

14A Dribble in selfspace with both the preferred and nonpreferred hand using a mature pattern. PE.S1.E14A.4

14B Dribble in general space with control of ball and body while increasing and decreasing speed in teacher- or studentdesigned smallsided practice task environment. PE.S1.E14B.4

14C Dribble with hands in combination with other skills (e.g., passing, receiving, shooting). PE.S1.E14C.4

Manipulative: Kicking

15 Kick along the ground and in the air and punt using mature patterns in practice task environments. PE.S1.E15.4

Manipulative: Dribbling (with feet)

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16A Dribble an object in general space with control of object and body while increasing and decreasing speed and changing directions. PE.S1.E16A.4

16B Dribble an object in combination with other skills (e.g., passing, receiving, shooting). PE.S1.E16B.4

Manipulative: Passing and Receiving (with feet)

17A Pass and receive an object with the insides of the feet to and from a moving partner in a non-dynamic environment. PE.S1.E17A.4

17B Pass and receive an object with the outsides and insides of the feet to and from a stationary partner, “giving” on reception before returning the pass. PE.S1.E17B.4

Manipulative: Volley Underhand

18 Volley underhand using a mature pattern during practice tasks, demonstrating a mature pattern. PE.S1.E18.4

Manipulative: Volley Overhead

19 Volley an object with a two-hand overhead pattern, sending it upward, demonstrating three of the five critical elements of a mature pattern during practice tasks. PE.S1.E19.4

Manipulative Striking with Shorthandled Implement

20A Strike an object with a shorthandled implement, demonstrating a mature pattern. PE.S1.E20A.4

20B Strike an object with a shorthandled implement alternating hits with a partner over a low net or against a wall. PE.S1.E20B.4

Manipulative Striking with Long-handled Implement

21 Strike an object with a long-handled implement (e.g., hockey stick, golf club, bat), demonstrating three of the five critical elements of a mature pattern for the implement in practice tasks (e.g., grip, stance, body orientation, swing plane and follow-through). PE.S1.E21.4

Jumping Rope

22 Create and perform a jump rope routine with either a short or long rope. PE.S1.E22.4

Outdoor Pursuits/ Adventure Activities

23 Demonstrate at least four critical skills needed to perform teacherdirected activity. PE.S1.E23.4

Aquatics: Swim Skills

24 Demonstrate swim skills as described by the American Red Cross “Learn to Swim and Achieve” or any other nationally recognized swim program. Students may exhibit skills in any of the skill levels. PE.S1.E24.4

principles, strategies and tactics related to movement and performance.

1A Apply the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling). PE.S2.E1A.4

1B Apply the concept of closing spaces in small-sided practice tasks. PE.S2.E1B.4

1C Dribble in general space with changes in direction and speed. PE.S2.E1C.4

Movement Concepts: Pathways, Shapes, and Levels

2 Combine movement concepts with skills in small-sided practice tasks, gymnastics, and dance environments. PE.S2.E2.4

Movement Concepts: Speed, Direction, and Force

3A Apply the movement concepts of speed, endurance, and pacing for running. PE.S2.E3A.4

3B Apply the concepts of direction and force when striking an object (e.g., hands, short-handled implement), sending it toward a designated target. PE.S2.E3B.4

Movement Concepts: Strategy and Tactics

4 Apply basic offensive and defensive strategies and tactics while recognizing and demonstrating appropriate manipulative skills in practice tasks of invasion/fielding, net/wall, target, and fielding/striking activities. PE.S2.E4.4

Aquatics: Safety

5 Understand and follow safety concepts as described by the American Red Cross for level five. PE.S2.E5.4

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

Physical Activity Knowledge

1 Identify factors that motivate or deter daily participation in physical activity. PE.S3.E1.4

Fitness Knowledge: Cardiorespiratory Endurance

2A Identify target heart rate zone for moderate-tovigorous intensity activities (60%-80%). PE.S3.E2A.4

2B Categorizes cardiorespiratory endurance as one component of health-related fitness. PE.S3.E2B.4

Fitness Knowledge: Muscular Strength and Endurance

3A Identify which exercise (or fitness assessment) corresponds with measuring muscular strength and endurance. PE.S3.E3A.4

3B Categorize muscular strength and endurance as one component of health-related fitness. PE.S3.E3B.4

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Fitness Knowledge: Flexibility

4A Explain why a particular stretch is appropriate preparation for a specific physical activity. PE.S3.E4A.4

4B Identify flexibility as a component of health-related fitness. PE.S3.E4B.4

Fitness Knowledge: Body Composition

5A Describe the effect of sustained physical activity and the body's ability to burn calories (energy in=energy out). PE.S3.E5A.4

5B Identify body composition as a component of healthrelated fitness. PE.S3.E5B.4

Fitness Knowledge: Skill-related Fitness

6 Identify the components of skill-related fitness. PE.S3.E6.4

Knowledge Application

7 Apply knowledge of physical activity and fitness as listed above to understand and demonstrate the connections between Health Related Fitness components and various fitness activities. PE.S3.E7.4

Assessment and Program Planning

8A Complete fitness assessments (pre and post). PE.S3.E8A.4

8B Identify areas of needed remediation from personal assessment with teacher guidance. PE.S3.E8B.4

8C Identify strategies for progress in areas for remediation. PE.S3.E8C.4

Nutrition

9 Discuss the importance of proper hydration. PE.S3.E9.4

The student will exhibit responsible personal and social behavior that respects self and others.

Safety

1 Apply safety practices with peers and equipment in a variety of physical activity settings. PE.S4.E1.4

Social Awareness: Procedures and Protocols

2 Apply the procedures and protocols in the learning environment. PE.S4.E2.4

Social Awareness

3 Praise the performance of others. PE.S4.E3.4

Self-management: Goal Setting

4 Create and implement an action plan towards meeting a goal. PE.S4.E4.4

Relationship Skills: Feedback

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Independently adapt performance based on peer feedback. (WSELC 17) PE.S4.E5.4

Relationship Skills: Conflict Resolution

6 Identify basic conflict resolution strategies for resolving conflict constructively/ civilly. PE.S4.E6.4

Decision-making

7 Evaluate possible choices and the consequences of those choices with teacher guidance. PE.S4.E7.4

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

Health and Well-being

1 Discuss the relationship between physical activity and well-being. PE.S5.E1.4

Self-awareness and Self-management: Challenge and Growth Mindset

2 Identify strategies to persist and maintain motivation when challenged. (WSELC 11) PE.S5.E2.4

Self-expression, Social Interaction, and Enjoyment

3 Describe and compare the positive social interaction and the feeling of personal enjoyment when engaged in partner and small-group physical activities. PE.S5.E3.4