

Grade 4

Adopted 2011

Physical Education and Leisure

1: Motor Skills and Movement Patterns: Students shall demonstrate proficiency in motor skills and movement patterns needed to perform a variety of activities.

Rhythms and Dance

1. Perform simple rhythmical sequences in time to music [PEL.1.4.1](#)

Manipulative Skills

2. Throw an object overhand/underhand with increased velocity and accuracy [PEL.1.4.2](#)
3. Catch an object thrown with increased velocity or catch an object while moving [PEL.1.4.3](#)
4. Dribble around moving obstacles using both hands while moving at a greater speed [PEL.1.4.4](#)
5. Strike a ball with increased velocity and accuracy [PEL.1.4.5](#)
6. Demonstrate a mature pattern of volleying during a game situation [PEL.1.4.6](#)
7. Use feet to dribble with control and agility at a greater speed [PEL.1.4.7](#)
8. Use a variety of kicks with defenders and show increased velocity and accuracy [PEL.1.4.8](#)

2: Movement Concepts: Students shall understand movement concepts, principles, and strategies that apply to the performance of physical activity.

Body Awareness

1. Identify and perform movements using the musculoskeletal system [PEL.2.4.1](#)

Spatial Awareness

2. Demonstrate game strategies of chasing, fleeing, and evading [PEL.2.4.2](#)
3. Create and defend space, display readiness, and cover areas utilizing motor skills [PEL.2.4.3](#)

Locomotor and Non-Locomotor Movement

4. Apply locomotor movements in a variety of lead-up games [PEL.2.4.4](#)

Rhythms and Dance

5. Create simple rhythmical sequences in time to music [PEL.2.4.5](#)

Knowledge and Strategies

6. Participate in modified games that utilize basic motor skills [PEL.2.4.6](#)

Academic Integration

7. Understand that cross-lateralization, or crossing the mid-line, integrates and energizes the brain to enhance learning [PEL.2.4.7](#)

3: Health-Related Fitness: Students shall understand how health-related fitness can improve individual health.

Cardiorespiratory Endurance

1. Locate carotid and radial arteries to calculate heart rate [PEL.3.4.1](#)
2. Demonstrate a procedure for monitoring heart rate [PEL.3.4.2](#)
3. Maintain a moderate to vigorous intensity level in a variety of activity settings [PEL.3.4.3](#)
4. Understand that the Body Mass Index (BMI) is a height/weight ratio that can be affected as a result of nutrition, exercise practices, and growth [PEL.3.4.4](#)
5. Understand the meaning of body metabolism:
 - at rest
 - during activity[PEL.3.4.5](#)
6. Recognize that body functions are unique and each person requires similar nutrients in different amounts [PEL.3.4.6](#)

Flexibility

7. Recognize the benefits that proper flexibility has on the ability to perform various activities [PEL.3.4.7](#)

Muscular Strength and Endurance

8. Recognize that muscular strength building activities should be performed on alternating days for improvement [PEL.3.4.8](#)
9. Recognize that muscular endurance activities should be performed on alternating days for improvement [PEL.3.4.9](#)

Student Fitness Outcomes

10. Participate in a nationally recognized health-fitness assessment:
 - cardiorespiratory endurance
 - body composition
 - muscular strength and endurance
 - flexibility[PEL.3.4.10](#)

4: Lifetime Activities and Recreation: Students shall understand the importance of health benefits and enjoyment from participating in lifetime recreational activities.

Benefits of Lifetime Activities

1. Categorize physical activities into health benefits [PEL.4.4.1](#)

Lifetime Sports and Recreation

2. Discuss opportunities for individual, dual, and team participation as it relates to lifetime fitness [PEL.4.4.2](#)
3. Understand that leisure activities can be a form of relaxation [PEL.4.4.3](#)

5: Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior that respects self and others in physical activity settings.

Personal Behavior

1. Identify responsible decisions according to the rules and boundaries associated with physical activities [PEL.5.4.1](#)
2. Exhibit responsible and respectful behavior in different social situations [PEL.5.4.2](#)

Social Behavior

3. Exhibit teamwork skills in activity settings [PEL.5.4.3](#)
-

Health and Wellness

6: Human Growth and Development Students shall understand characteristics relating to growth and development.

Body Systems

1. Identify the major functions of the following systems:
 - digestive
 - circulatory
 - respiratory
 - muscular
 - skeletal
 - nervous[HW.6.4.1](#)

Growth

2. Describe bodily changes that occur as a result of maturation [HW.6.4.2](#)
-

7: Disease Prevention: Students shall understand components related to disease prevention and exhibit behaviors to promote health.

Communicable and Noncommunicable Diseases

1. Define noncommunicable diseases [HW.7.4.1](#)
 2. Explain the importance of prevention or early detection and treatment of diseases [HW.7.4.2](#)
 3. Explain how parasites infect the body [HW.7.4.3](#)
-

8: Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.

Health Information, Services, and Products

1. Identify resources, products, and health information provided by community health services [HW.8.4.1](#)

Environmental and Community Health

2. Identify roles and responsibilities of school and communities to promote a healthy environment [HW.8.4.2](#)

Media and Technology

3. Discuss the messages of media sources that contribute to health information [HW.8.4.3](#)

9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

Decision Making

1. Predict consequences of various choices [HW.9.4.1](#)
2. Apply strategies that demonstrate care, consideration, and respect for others [HW.9.4.2](#)

Interpersonal Relationships

3. Apply skills that promote positive relationships [HW.9.4.3](#)
4. Apply verbal and nonverbal communication skills in different types of relationships [HW.9.4.4](#)

10: Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

Medicine

1. List and describe appropriate uses for prescription and over-the-counter medicines [HW.10.4.1](#)
2. Explain why following directions is important when using medicines [HW.10.4.2](#)

Tobacco

3. Identify major harmful chemicals found in tobacco products [HW.10.4.3](#)
4. Recognize that tobacco products can be physically and psychologically addictive [HW.10.4.4](#)

Alcohol

5. Describe the short term effects of alcohol use [HW.10.4.5](#)
6. Identify and examine physical, psychological, and social consequences of alcohol abuse [HW.10.4.6](#)

Other Drugs

7. Identify illegal drugs [HW.10.4.7](#)
8. Demonstrate ways to avoid tobacco, drug, and alcohol use [HW.10.4.8](#)

11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

Personal Health

1. Demonstrate the ability to monitor personal feelings and behaviors [HW.11.4.1](#)
2. Demonstrate ways to manage different kinds of stress [HW.11.4.2](#)
3. Demonstrate personal hygiene practices that support wellness [HW.11.4.3](#)

Oral Health

4. Explain the importance of preventing tooth decay [HW.11.4.4](#)
5. Understand the relationship between sugar, bacteria, and acid production [HW.11.4.5](#)
6. Identify ways to protect teeth:
 - wear a mouth guard when playing sports
 - avoid chewing pencils or similar objects
 - avoid smoking or using smokeless tobacco
 - avoid using teeth for tools
 - use dental sealants
 - use fluoride toothpaste
 - do not chew ice[HW.11.4.6](#)

Safety

7. Illustrate safety procedures for lifetime activities [HW.11.4.7](#)
8. Formulate safety plans for emergencies that occur in the home and/or school [HW.11.4.8](#)

Violence

9. Discuss strategies to avoid or reduce harmful situations [HW.11.4.9](#)
10. Identify sources to report abuse, bullying, violence, and injury [HW.11.4.10](#)
11. Identify various behaviors associated with abuse, bullying, violence, and injury [HW.11.4.11](#)

12: Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.

Healthy Eating Habits

1. Plan healthy meals and snacks using nutritional guidelines (Refer to: ChooseMyPlate, USDA, CDC, Cooperative Extension Office) [HW.12.4.1](#)
2. Explain the relationship among food intake, physical activity, and weight management [HW.12.4.2](#)
3. Record, in a food diary, healthy and unhealthy choices [HW.12.4.3](#)

Food and Nutrition

4. Explain how nutrients in foods contribute to health [HW.12.4.4](#)
5. Examine the Nutrition Facts Label to locate specific components [HW.12.4.5](#)
6. Identify the important nutrients in each food group, using nutritional guides [HW.12.4.6](#)