

Grade 4

Adopted 2016

Demonstrate competency in a variety of motor skills and movement patterns.

1. Using a combination of motor skills to engage in a variety of activities; and [A.4.1](#)
2. Combining locomotor movement patterns and dance steps used in an original dance. [A.4.2](#)

Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

1. Discussing the origin of a variety of games, sports, or dances, including traditional and contemporary American Indian contributions and cultures; and [B.4.1](#)
2. Understanding the concept of open spaces to activities such as combination skills, small-sided practice tasks, gymnastics, and dance environments. [B.4.2](#)

Demonstrate the knowledge and skills to achieve and maintain a healthenhancing level of physical activity and fitness.

1. Discussing the importance of hydration and hydration choices relative to physical activities; [C.4.1](#)
2. Analyzing opportunities for participating in physical activities outside health enhancement class; [C.4.2](#)
3. Actively engaging in the activities of health enhancement class, both teacher directed and independent; [C.4.3](#)
4. Identifying the components of health-related fitness; and [C.4.4](#)
5. Engaging in warm-up and cool-down activities related to cardio-respiratory fitness assessment. [C.4.5](#)

Exhibit responsible personal and social behavior that respects self and others.

1. Demonstrating responsible behavior in independent group situations; [D.4.1](#)
2. Reflecting on personal social behavior in physical activity; [D.4.2](#)
3. Listening respectfully to corrective feedback from others; [D.4.3](#)
4. Adhering to rules of etiquette in a variety of physical activities; [D.4.4](#)
5. Recognizing and supporting individual differences in movement performance at all skill levels; [D.4.5](#)
6. Describing ways to accept other's ideas, cultural diversity, and body types during games and physical activities; [D.4.6](#)

7. Working safely with peers and equipment in physical activity settings. D.4.7

Recognize the value of physical activity for health, enjoyment, selfexpression, and/or social interaction.

1. Examining the health benefits of participating in physical activity; E.4.1

2. Rating the enjoyment of participating in challenging and mastered physical activities; and E.4.2

3. Describing and comparing the positive social interactions when engaged in partner, small-group, and large-group physical activities. E.4.3