

# Grade 4

Adopted 2016

Students will achieve a level of competency in motor skills and movement patterns.

1. Use spring-and-step takeoffs while jumping and landing. 4.1.1

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2. Run for distance, using pacing and a well-developed pattern. 4.1.2

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3. Move into and out of balances with curling, twisting, and stretching actions. 4.1.3

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4. Combine locomotor skills and movement concepts (e.g., levels, shapes, extensions, pathways, force, time, and flow) to create and perform a dance or rhythmic activity with a partner. 4.1.4

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5. Combine locomotor movement patterns and dance steps to create and perform an original dance. 4.1.5

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6. Use various motor skills in a variety of small group practice tasks. 4.1.6

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7. Catch and throw a ball above the head, at chest/waist level, and below the waist, using a well-developed pattern in a non-dynamic environment. 4.1.7

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8. Throw underhand to a partner or at a target with accuracy and increased distance. 4.1.8

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9. Dribble with the hand in personal space with both the preferred and non-preferred hand, using a well-developed pattern. 4.1.9

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10. Dribble in general space with control of ball and body while increasing and decreasing speed. 4.1.10

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11. Throw overhand, using a well-developed pattern with accuracy. 4.1.11

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12. Throw overhand to a partner, or at a target at a reasonable distance. 4.1.12

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13. Volley with a two-hand overhead pattern, sending a ball upward with consecutive hits. 4.1.13

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14. Dribble with feet in general space, maintaining control of ball and body while increasing and decreasing speed. 4.1.14

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15. Receive a ball with the insides of the foot and pass to a moving partner in a non-dynamic environment. 4.1.15

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**16. Receive a ball with the outside and inside of the foot and return the pass to a stationary partner.** 4.1.16

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**17. Combine traveling with the manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small group activities (3–5 students).** 4.1.17

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**18. Create and perform a jump rope routine with either a short or long rope.** 4.1.18

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Students will apply knowledge to attain efficient movement and performance.

**1. Apply the concept of open spaces to combination skills (e.g., getting open for a pass, dribbling to create space).** 4.2.1

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**2. Apply the movement concepts of speed, endurance, and pacing for running.** 4.2.2

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**3. Combine movement concepts with skills in small group (3–5) activities and/or dance.** 4.2.3

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**4. Apply the concepts of direction and force when striking an object with a short-handled implement, sending it toward a designated target.** 4.2.4

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**5. Apply simple offensive strategies and tactics in chasing and fleeing activities.** 4.2.5

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**6. Apply simple defensive strategies/tactics in chasing and fleeing activities.** 4.2.6

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**7. Recognize the types of kicks needed for different game and sport situations.** 4.2.7

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Students will understand the components necessary to maintain a healthy level of fitness to support physical activity.

**1. Analyze opportunities for participating in physical activity outside physical education class.** 4.3.1

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**2. Actively engage in the activities of physical education class, both teacher-directed and independent.** 4.3.2

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**3. Identify the components of health-related fitness (e.g., cardiovascular fitness, muscular strength, muscular endurance, and flexibility).** 4.3.3

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**4. Demonstrate prescribed warm-up and cool-down relative to level of exercise.** 4.3.4

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Students will develop cooperative skills and positive personal behavior through communication and respect for self and others.

**1. Exhibit responsible behavior in independent group situations.** 4.4.1

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**2. Reflect on personal social behavior in physical activity.** 4.4.2

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**3. Listen respectfully to corrective feedback from others (e.g., peers, adults).** 4.4.3

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**4. Praise the movement performance of others both more and less skilled.** 4.4.4

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**5. Accept students of all skill levels into the physical activity.** 4.4.5

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**6. Exhibit etiquette and adherence to rules in a variety of physical activities.** 4.4.6

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**7. Work safely with peers and equipment in physical activity settings.** 4.4.7

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**Students will appraise the personal value of physical activity as a tool for wellness, challenges, and interacting with appropriate social skills with friends and family.**

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**1. Examine the health benefits of participating in physical activity.** 4.5.1

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**2. Rate the enjoyment of participating in challenging and mastered physical activities.** 4.5.2

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**3. Critique the level of enjoyment after participating in various physical activities.** 4.5.3

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**4. Describe/compare the positive social interactions when engaged in partner, small group and large group physical activities.** 4.5.4