

# 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](#)
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## **2. Nonlocomotor**

4. Apply mature pattern in nonlocomotor skills in a variety of lead-up activities and small-sided game play. [PE1.2.4](#)
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## **3. Balance**

4. Apply static and dynamic balance in a variety of lead-up activities and small-sided game play. [PE1.3.4](#)
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## **4. Weight Transfer**

4. Demonstrate weight transfer from feet to hands varying speed and using large extensions. [PE1.4.4](#)
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## **5. Rhythm**

4. Demonstrate rhythmic combinations to perform a routine. [PE1.5.4](#)
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## **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](#)
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## **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](#)
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## **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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## 9. 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

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## 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

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## 11. Foot Trap/Receive

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

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## 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

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## 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

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## 14. Strike, Short Implement

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

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## 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

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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

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## 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
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## 4. Strategies

4. Demonstrate offensive and defensive strategies in lead-up activities and small-sided game play. PE2.4.4
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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
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## 2. Engagement in Physical Activity

4. Actively engage in physical education class. PE3.2.4
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## 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
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## 4. Skill-Related Fitness

4. Recognize components of skill-related fitness (agility, balance, coordination, power, reaction time, speed). PE3.4.4
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## 5. Fitness Assessment

4. Use fitness assessment results to understand personal level of fitness. PE3.5.4
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## 6. Engagement in Fitness Activities

4. Participate in developmentally appropriate activities to improve overall fitness. PE3.6.4
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## 7. Body Systems

4. Describe connections between body systems. PE3.7.4

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## 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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**Students will exhibit responsible personal and social behavior that respects self and others.**

### 1. Personal Responsibility

- 4. Demonstrate responsible behavior in a variety of physical activity environments. PE4.1.4
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### 2. Rules and Etiquette

- 4. Apply etiquette in physical activities. PE4.2.4
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### 3. Receiving and Providing Feedback

- 4. Demonstrate accepting and implementing feedback from peers. PE4.3.4
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### 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
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### 5. Safety

- 4. Apply safety principles in physical activities (with self, with peers, with equipment). PE4.5.4
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**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
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### 2. Self-Expression and Enjoyment

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