

Grade 4

Development of Motor Skills/Movement Forms

- 16** Demonstrate critical elements or components for the kick, catch, throw, dribble with hands and feet, and jump/land. [WE.4.16](#)

- 17** Strike, toss, and catch objects using short and long-handled implements. [WE.4.17](#)

- 18** Volley an object to self. [WE.4.18](#)

- 19** Jump a single rope continuously using a variety of jump skills. [WE.4.19](#)

- 20** Apply strategies for chasing, fleeing, and evading in a variety of activities. [WE.4.20](#)

- 21** Perform rhythmic sequences using equipment. [WE.4.21](#)

- 22** Dribble and kick an object while moving. [WE.4.22](#)

Physical Fitness

- 23** Demonstrate proper form when performing the following muscular strength and endurance exercises (e.g., curl up, sit up, plank, push up). [WE.4.23](#)

- 24** Demonstrate proper form when developing flexibility (e.g., trunk lift, sit and reach, shoulder stretch). [WE.4.24](#)

- 25** Demonstrate proper pacing technique when running for various periods of time or distance (e.g., sprint, jog, mile-run). [WE.4.25](#)

- 26** Use fitness assessment results to identify personal strengths and weaknesses and plan for personal improvement. [WE.4.26](#)

- 27** Match various exercises to the appropriate fitness components (e.g., push-up to upper body strength, curl up to abdominal strength). [WE.4.27](#)

- 28** Identify the components of the F.I.T.T. principle of exercise: frequency, intensity, time, and type. [WE.4.28](#)

- 29** Identify the characteristics of activities needed to maintain health-related fitness. [WE.4.29](#)

Responsible Personal and Social Behaviors

- 30** Work cooperatively, productively, and safely with a partner or small group. [WE.4.30](#)

31 Demonstrates the importance of rules and etiquette in physical activities. WE.4.31

32 Define fair play and provide examples of fair play in a variety of activities. WE.4.32

33 Identify examples of appropriate feedback. WE.4.33