

Physical Education

GRADE FOUR GRADE-LEVEL OUTCOMES

Note: Swimming skills and water-safety activities should be taught if facilities permit.

Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.1.4.1: Uses various locomotor skills in a variety of small-sided practice tasks, dance and educational gymnastics experiences.

PE.1.4.2: Runs for distance using a mature pattern.

PE.1.4.3: Uses jumping & landings specific to dance, educational gymnastics and/or small-sided practice tasks or games.

PE.1.4.4: Uses jumping & landings specific to dance, educational gymnastics and/or small-sided practice tasks or games.

Note: This outcome applies to both horizontal and vertical jumping & landing.

PE.1.4.5: Combines locomotor movement patterns to create and perform a rhythmic activity. Applies skill with cultural diversity in mind.

PE.1.4.6: Combines traveling with manipulative skills of dribbling, throwing, catching and striking in small-sided practice tasks and games.

PE.1.4.7: Balances on different bases of support on apparatus, demonstrating levels and shapes.

PE.1.4.8: Transfers weight from feet to hands, varying speed and using large extensions (e.g., kick, handstand, cartwheel).

PE.1.4.9: Applies skill in general activity.

PE.1.4.10: Moves into and out of balances on apparatus with curling, twisting & stretching actions.

PE.1.4.11: Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a partner.

PE.1.4.12: Combines traveling with balance and weight transfers to create a gymnastics sequence with and without equipment or apparatus.

PE.1.4.13: Throws underhand to a large target with accuracy.

PE.1.4.14: Throws overhand using a mature pattern in non-dynamic environments (closed skills).

PE.1.4.15: Throws overhand to a partner or at a target with accuracy at a reasonable distance.

PE.1.4.16: Throws to a moving partner with reasonable accuracy in a non-dynamic environment (closed skills).

PE.1.4.17: Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a non-dynamic environment (closed skills).

PE.1.4.18: Dribbles in self-space with both the preferred and the non-preferred hand using a mature pattern.

PE.1.4.19: Dribbles with control of ball while moving through space using a mature pattern.

PE.1.4.20: Dribbles with the feet while moving through space with control of ball and body while increasing and decreasing speed.

PE.1.4.21: Applies skill from third grade outcome in small-sided practice tasks.

PE.1.4.22: Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting).

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- PE.1.4.23: Kicks along the ground and in the air using mature patterns.
- PE.1.4.24: Volleys underhand using a mature pattern, in a dynamic environment.
- PE.1.4.25: Volleys a ball with a 2-hand overhead pattern, sending it upward, using a mature pattern.
- PE.1.4.26: Strikes an object with a short-handled implement while demonstrating a mature pattern.
- PE.1.4.27: Strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall.
- PE.1.4.28: Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis racket, badminton racket), while using mature pattern for the implement (grip, stance, body orientation, swing plane and follow-through).
- PE.1.4.29: Combines traveling with the manipulative skills of dribbling, throwing, catching and striking in teacher- and/ or student-designed small-sided practice-task environments.
- PE.1.4.30: Performs intermediate and advanced jump-rope skills for both long and short ropes.

Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- PE.2.4.1: Applies the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling).
- PE.2.4.2: Applies the concept of closing spaces in small-sided practice tasks.
- PE.2.4.3: Dribbles in general space with changes in direction and speed.
- PE.2.4.4: Combines movement concepts with skills in small-sided practice tasks, gymnastics and/or rhythmic environments.
- PE.2.4.5: Applies the movement concepts of speed, endurance and pacing for running.
- PE.2.4.6: Applies the concepts of direction and force when striking an object with a short and/or long-handled implement, sending it toward a designated target.
- PE.2.4.7: Applies simple offensive strategies and tactics in chasing and fleeing activities.
- PE.2.4.8: Applies simple defensive strategies/tactics in chasing and fleeing activities.
- PE.2.4.9: Recognizes the types of kicks needed for different games and sports situations.

Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- PE.3.4.1: Analyzes opportunities for participating in physical activity outside physical education class.
- PE.3.4.2: Actively engages in the activities of physical education class, both teacher-directed and independent.
- PE.3.4.3: Identifies the health related components of physical fitness and provides examples of physical activities to enhance those components.
- PE.3.4.4: Demonstrates warm-up & cool-down relative to the cardiovascular fitness assessment.

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PE.3.4.5: Completes health-related physical fitness assessments (pre- & post-).

PE.3.4.6: Identifies areas of needed remediation from personal health-related physical fitness test and, with teacher assistance, identifies strategies for progress in those areas.

PE.3.4.7: Discusses the importance of hydration and hydration choices relative to physical activities.

Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.4.4.1: Exhibits responsible behavior in independent group situations.

PE.4.4.2: Reflects on personal social behavior in physical activity.

PE.4.4.3: Listens respectfully to corrective feed-back from others (e.g., peers, adults).

PE.4.4.4: Explain and demonstrate safety, rules, procedures, and etiquette to be followed during participation in physical activities.

PE.4.4.5: Works safely with peers and equipment in physical activity settings.

Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PE.5.4.1: Examines the health benefits of participating in physical activity.