

# Grade 4

**The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns.** 4.1

## **Locomotor Skills**

- 1 Locomotor (Hopping, galloping, running, sliding, skipping, leaping, walking, running) 4.1.1
  - A Applies mature patterns in locomotor skills in a variety of lead-up activities and small sided game play. 4.1.1.A
  - B Performs appropriate pacing in a variety of running distances. 4.1.1.B
- 2 Locomotor (Jumping and landing in a horizontal and vertical plane) 4.1.2
  - A Jumps and lands in the horizontal and vertical planes using a mature pattern within activities (such as in dance, educational gymnastics and small-sided practice tasks and game environments). 4.1.2.A
- 3 Locomotor (Dance, Rhythm, Combinations) 4.1.3
  - A Combines locomotor movement patterns and dance steps to create and perform an original dance. 4.1.3.A
- 4 Non-Locomotor 4.1.4
  - A Applies mature patterns in nonlocomotor skills in a variety of lead-up activities and small sided game play. 4.1.4.A
- 5 Non-Locomotor (Balance) 4.1.5
  - A Balances on different bases of support on apparatus, demonstrating levels and shapes. 4.1.5.A
- 6 Non-Locomotor (Weight Transfer) 4.1.6
  - A Transfers weight from feet to hands, varying speed and using large extensions (such as kick, handstand, cartwheel). 4.1.6.A

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## Manipulative Skills

- 7 Manipulative Skills (Throw) 4.1.7
  - A Performs mature pattern in an underhand throw to a moving partner. 4.1.7.A
  - B Demonstrates mature pattern in an underhand throw with accuracy. 4.1.7.B
  - C Throws overhand using a mature pattern in non-dynamic environments. 4.1.7.C
  - D Throws overhand to a partner or at a target with accuracy at a reasonable distance. 4.1.7.D
- 8 Manipulative Skills (Pass with Hands) 4.1.8
  - A Passes to a moving partner with reasonable accuracy in a non-dynamic environment. 4.1.8.A
- 9 Manipulative Skills (Catch) 4.1.9
  - A 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 4.1.9.A
- 10 Manipulative Skills (Hand Dribble) 4.1.10
  - A Dribbles in personal space with both the preferred and the non-preferred hands using a mature pattern. 4.1.10.A
  - B Dribbles in general space with control of ball and body while increasing and decreasing speed. 4.1.10.B
- 11 Manipulative Skills (Foot Pass/Kick) 4.1.11
  - A Passes & receives a ball with the inside of the foot to a moving partner in a non-dynamic environment 4.1.11.A
  - B Passes and receives a ball with the outside and inside of the foot to a stationary partner, “giving” on reception before returning the pass. 4.1.11.B
  - C Kicks along the ground, in the air, and punts using mature patterns. 4.1.11.C
- 12 Manipulative Skills (Foot Dribble) 4.1.12
  - A Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed. 4.1.12.A
- 13 Manipulative Skills (Foot Trap Receive) 4.1.13
  - A Performs mature pattern while receiving with the foot when moving in a non-dynamic environment. 4.1.13.A
- 14 Manipulative Skills (Strike/Volley, Hands and Arms) 4.1.14
  - A Demonstrates mature pattern while striking an object underhand in a variety of lead-up activities and small-sided game play. 4.1.14.A
- 15 Manipulative Skills (Strike with Implement) 4.1.15
  - A Strikes an object with a short-handled implement while demonstrating a mature pattern. 4.1.15.A
  - B Strikes an object with a long-handled implement (such as a hockey stick, golf club, bat, tennis racket, badminton racket), while demonstrating three of the five

critical elements of a mature pattern for the implement. 4.1.15.B

16 Manipulative Skills (Jump Rope) 4.1.16

- A Creates a jump-rope routine (such as jumping in a figure 8, front to back, etc., and with short rope, long rope, double dutch, Jump Bands). 4.1.16.A

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**The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.** 4.2

**Movement Concepts and Strategies**

1 Space 4.2.1

- A Applies the concept of open spaces to combination skills involving traveling (such as dribbling and traveling). 4.2.1.A
- B Applies the concept of open spaces to combination skills involving traveling (such as dribbling and traveling). 4.2.1.B

2 Pathways, Shapes, Levels 4.2.2

- A Combines movement concepts with skills in small-sided practice tasks (such as gymnastics and dance environments). 4.2.2.A

3 Speed, Direction, Force 4.2.3

- A Applies the movement concepts of speed, endurance and pacing for running. 4.2.3.A
- B Applies the concepts of direction and force when striking an object sending it toward a designated target. 4.2.3.B

4 Strategies and Tactics 4.2.4

- A Applies simple offensive strategies and tactics in chasing and fleeing activities. 4.2.4.A
- B Applies simple defensive strategies/ tactics in chasing and fleeing activities. 4.2.4.B
- C Recognizes the types of kicks needed for different games and sports situations. 4.2.4.C

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**The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.** 4.3

**Physical Activity**

1 Physical Activity Knowledge 4.3.1

- A Analyzes opportunities for participating in physical activity outside physical education class. 4.3.1.A

2 Engages in Physical Activity 4.3.2

- A Actively engages in the activities of physical education class, both teacher directed and independent. 4.3.2.A

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## **Fitness**

- 3 Fitness Knowledge 4.3.3
    - A Identifies the five components of health-related fitness. 4.3.3.A
    - B Demonstrates warmup and cool-down relative to the cardiorespiratory fitness assessment. 4.3.3.B
  - 4 Fitness Assessment & Wellness Planning 4.3.4
    - A Completes fitness assessments (pre and post). 4.3.4.A
    - B Identifies areas of needed remediation from personal tests and, with teacher assistance, identifies strategies for progress in those areas. 4.3.4.B
  - 5 Body Systems 4.3.5
    - A Describes connections between body systems. 4.3.5.A
  - 6 Nutrition 4.3.6
    - A Discusses the importance of hydration and hydration choices relative to physical activities. 4.3.6.A
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**The physically literate individual exhibits responsible personal and social behavior that respects self and others. 4.4**

## **Responsible Personal and Social Behavior**

- 1 Personal Responsibility 4.4.1
    - A Exhibits responsible behavior in both independent and group situations. 4.4.1.A
    - B Reflects on personal social behavior in physical activity. 4.4.1.B
  - 2 Accepting Feedback 4.4.2
    - A Listens respectfully to corrective feedback from others (such as peers, adults). 4.4.2.A
  - 3 Working with Others 4.4.3
    - A Praises the movement effort of others both more and less skilled. 4.4.3.A
    - B Accepts players of all skill levels into the physical activity. 4.4.3.B
  - 4 Rules & Etiquette 4.4.4
    - A Exhibits etiquette and adherence to rules in a variety of physical activities. 4.4.4.A
  - 5 Safety 4.4.5
    - A Works safely with peers, independently, and with/without equipment in physical activity settings. 4.4.5.A
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**The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction. 4.5**

### **Valuing Health, Enjoyment, Challenge, Self Expression, and Social Interaction**

**1 Health 4.5.1**

**A** Examines the health benefits of participating in physical activity. 4.5.1.A

**2 Challenge 4.5.2**

**A** Rates the enjoyment of participating in challenging and mastered physical activities. 4.5.2.A

**3 Self-expression and Enjoyment 4.5.3**

**A** Ranks the enjoyment of participating in different physical activities. 4.5.3.A

**4 Social Interaction 4.5.4**

**A** Describes and compares the positive social interactions when engaged in partner, small-group and large-group physical activities. 4.5.4.A