

# Grade 4

Adopted 2014

The physically literate individual demonstrates proficiency in a variety of motor skills and movement patterns.

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4. Uses various locomotor skills in a variety of small-sided practice tasks, dance and educational gymnastics experiences. [S1.E1.4](#)
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4. Runs for distance using a mature pattern. [S1.E2.4](#)
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4. Uses spring-and-step take-offs and landings specific to gymnastics. [S1.E3.4](#)
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4. Combines locomotor movement patterns and dance steps to create and perform an original rhythmic activity/dance. [S1.E5.4](#)
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4. Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small-sided practice tasks. [S1.E6.4](#)
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4. Balances on different bases of support on apparatus, demonstrating levels and shapes. [S1.E7.4](#)
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4. Transfers weight from feet to hands varying speed and using large extensions (e.g., mule kick, handstand, cartwheel). [S1.E8.4](#)
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4. Moves into and out of balances on apparatus with curling, twisting and stretching actions. [S1.E10.4](#)
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4. Combines locomotor and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a partner. [S1.E11.4](#)
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4. Combines traveling with balance and weight transfers to create a movement sequence with and without equipment or apparatus. [S1.E12.4](#)
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4. Throws underhand to a partner or target with reasonable force and accuracy. [S1.E13.4](#)
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- 4a. Throws overhand using a mature pattern in non-dynamic environments. [S1.E14.4A](#)
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- 4b. Throws overhand to a partner or at a target with accuracy at a reasonable distance. [S1.E14.4B](#)
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4. Throws to a moving partner with reasonable accuracy in a non-dynamic environment. [S1.E15.4](#)

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- 4. Catches a thrown ball above the head, at chest/waist level and below the waist using a mature pattern in a non-dynamic environment.** S1.E16.4
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- 4a. Dribbles in self-space with both the dominant and the non-dominant hand using a mature pattern.** S1.E17.4A
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- 4b. Dribbles in general space with control of ball and body while increasing and decreasing speed.** S1.E17.4B
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- 4. Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed.** S1.E18.4
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- 4a. Receives and passes a ball with the insides of the feet to a moving partner in a non-dynamic environment.** S1.E19.4A
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- 4b. Receives and passes a ball with the outsides and insides of the feet to a stationary partner, "giving" on reception before returning the pass.** S1.E19.4B
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- 4. Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting).** S1.E20.4
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- 4. Kicks along the ground and in the air, and punts using mature patterns.** S1.E21.4
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- 4. Strikes/volleys with a two-hand overhead pattern, sending a ball upward while demonstrating four of the five critical elements of a mature pattern.** S1.E23.4
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- 4a. Strikes an object with a short-handled implement while demonstrating a mature pattern.** S1.E24.4A
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- 4b. Strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall.** S1.E24.4B
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- 4. Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis racket), while demonstrating three of the five critical elements of a mature pattern for the implement.** S1.E25.4
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- 4. Creates a jump-rope routine with either a short or long rope.** S1.E27.4
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The physically literate individual applies knowledge of concepts, principles, strategies and tactics to enhance movement and performance.

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- 4a. Applies skill concepts in spaces to combination skills involving traveling, (e.g., dribbling and traveling).** S2.E1.4A
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- 4b. Applies the concept of closing spaces in small-sided practice tasks.** S2.E1.4B
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- 4c. Dribbles in general space with changes in direction and speed.** S2.E1.4C
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- 4. Combines movement concepts with skills in small-sided practice physical activities.** S2.E2.4

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**4a. Applies the movement concepts with effort concepts and locomotor or manipulative concepts.** S2.E3.4A

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**4b. Applies effort concepts when striking an object with a short-handled implement, sending it toward a designated target.** S2.E3.4B

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**4. Applies simply strategies/tactics to relationship concepts in small-sided physical activities.** S2.E4.4

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**4. Uses technology or other resources to recognize different levels of fitness.** S2.E6.4

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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. Analyzes opportunities for participating in physical activity outside physical education class.** S3.E1.4

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**4. Actively engages in the activities of physical education class, both teacher-directed and independent.** S3.E2.4

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**4. Identifies the components of health-related fitness.** S3.E3.4

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**4. Demonstrates warm-up and cool-down relative to the cardio-respiratory fitness assessment.** S3.E4.4

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**4a. Completes fitness assessments (pre- and post-).** S3.E5.4A

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**4b. Identifies areas of needed remediation from personal test and, with teacher assistance, identifies strategies for progress in those areas.** S3.E5.4B

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**4. Discusses the importance of hydration and hydration choices relative to physical activities.** S3.E6.4

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**4. Discuss what types of situations cause stress.** S3.E7.4

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The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment.

**4. Exhibits responsible behavior in independent group situations.** S4.E1.4

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**4a. Resolves conflicts in a socially acceptable manner.** S4.E2.4A

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**4b. Exhibits respect for self with developmentally appropriate behavior while engaging in physical activity.** S4.E2.4B

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**4. Listens respectfully to corrective feedback from others (e.g., peers, adults).** S4.E3.4

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**4a. Praises the movement performance of others both more- and less-skilled.** S4.E4.4A

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**4b. Accepts "players" of all skill levels into the physical activity.** S4.E4.4B

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**4c. Recognizes and understands individual uniqueness and diversity.** S4.E4.4C

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**4a. Exhibits etiquette and adherence to rules in a variety of physical activities.** S4.E5.4A

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**4b. Exhibits the fundamentals of good sportsmanship.** S4.E5.4B

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**4. Works safely with peers and equipment in physical activity settings.** S4.E6.4

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The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities and social interaction.

**4. Examines the health benefits of participating in physical activity.** S5.E1.4

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**4. Recognizes the enjoyment of participating in challenging and mastered physical activities.** S5.E2.4

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**4. Recognizes the enjoyment of participating in different physical activities.** S5.E3.4

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**4. Describes and compares the positive social interactions when engaged in partner, small-group and large-group physical activities.** S5.E4.4