

# Fourth Grade

**Demonstrate competency in a variety of motor skills and movement patterns.**

## **Locomotor**

- 1 Perform different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels, using different pathways and traveling in different directions. [4.1.L1](#)
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## **Non-Locomotor**

- 1 Apply non-locomotor skills in various activities, using a variety of body parts and shapes, at different levels, individually and with partners and equipment. [4.1.NL1](#)
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## **Body Management**

- 1 Perform a variety of controlled transitions between balances with partners [4.1.BM1](#)
  - 2 Transfer weight to different body parts at varying speeds, with and without equipment. [4.1.BM2](#)
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## **Manipulative Skills**

- 1 Apply manipulative skills with a partner, using a variety of objects, while demonstrating appropriate performance cues [4.1.MS1](#)
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**Apply knowledge of concepts, principles, strategies and tactics to movement and performance.**

## **Space**

- 1 Combine spatial concepts with combination movements for small group activities in a variety of environments. [4.2.SP1](#)
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## **Speed, Direction and Force**

- 1 Apply speed, endurance and force in activities and game-like situations [4.2.SD1](#)
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## **Strategy**

- 1 Apply basic offensive and defensive strategies and tactics in a variety of activities [4.2.ST1](#)
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**Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**

## **Physical Activity Knowledge**

- 1 Identify factors that motivate daily participation in physical activity. [4.3.PA1](#)

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### **Physical Fitness Knowledge**

- 1 Record physical activity minutes inside and outside of school to determine progress toward daily recommendation [4.3.PF1](#)
  - 2 Identify physical activities that improve the components of health related fitness. [4.3.PF2](#)
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### **Nutrition**

- 1 Discuss the importance of hydration choices relative to physical activities. [4.3.N1](#)
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**Demonstrate responsible personal and social behavior that exhibits respect for self and others.**

### **Social Interactions/Working with Others**

- 1 Encourage and accept all peers in a variety of physical activities. [4.4.SW1](#)
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### **Rules and Etiquette**

- 1 Recognize and follow the established rules, protocols and etiquette in physical education [4.4.RE1](#)
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### **Safety**

- 1 Follow teacher directions for safe participation and proper use of equipment, independently and with others. [4.4.SA1](#)
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**Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.**

### **Health**

- 1 Compare the health benefits of various physical activities. [4.5.H1](#)
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### **Challenge**

- 1 Rate the enjoyment of participating in challenging and mastered physical activities. [4.5.C1](#)
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### **Self-Expression and Enjoyment**

- 1 Rank the enjoyment of participating in various physical activities. [4.5.SE1](#)
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### **Social Interaction**

- 1 Compare positive social interactions when engaged in a variety of physical activities. [4.5.SI1](#)
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### **Advocacy**

- 1 Examine personal beliefs that may encourage others to be physically active. [4.5.A1](#)