

Grade 4

Demonstrates competency in a variety of motor skills and movement patterns. [S1](#)

Locomotor

- 1 Hopping, galloping, running, sliding, skipping, leaping: [S1.1](#)
 - 4 Uses various locomotor skills in a variety of small-sided practice tasks, dance, and educational gymnastics experiences. [S1.1.4](#)
- 2 Jogging, running: [S1.2](#)
 - 4 Runs for distance using a mature pattern. [S1.2.4](#)
- 3 Jumping and landing, horizontal: [S1.3](#)
 - 4 Uses spring-and-step takeoffs and landings specific to gymnastics. [S1.3.4](#)
- 4 Jumping and Landing, vertical: [S1.4](#)
 - 4 Uses spring-and-step takeoffs and landings specific to gymnastics. [S1.4.4](#)
- 5 Dance: [S1.5](#)
 - 4 Combines locomotor movement patterns and dance steps to create and perform an original dance. [S1.5.4](#)
- 6 Combinations: [S1.6](#)
 - 4 Combines traveling with manipulative skills of dribbling, throwing, catching, and striking in teacher-and/or student designed small-sided practice tasks. [S1.6.4](#)

Nonlocomotor (stability)

- 7 Balance: S1.7
 - 4 Balances on different bases of support on apparatus, demonstrating levels and shapes. S1.7.4
- 8 Weight Transfer: S1.8
 - 4 Transfers weight from feet to hands, varying speed and using large extensions (e.g. mule kick handstand, cartwheel) S1.8.4
- 9 Weight Transfer, rolling: S1.9
 - 4 Applies skill. S1.9.4
- 10 Curling and stretching; twisting and bending: S1.10
 - 4 Moves into and out of balances with curling, twisting, and stretching actions. S1.10.4
- 11 Combinations: S1.11
 - 4 Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a partner. S1.11.4
- 12 Balance and weight transfers: S1.12
 - 4 Combines traveling with balance and weight transfers to create a gymnastics sequence with and without equipment or apparatus. S1.12.4

Manipulative

13 Throwing underhand: S1.13

4 Applies skill. S1.13.4

14 Throwing overhand: S1.14

4a Throws overhand using a mature pattern in a nondynamic environment (closed skills). S1.14.4A

4b Throws overhand to a partner or at a target with accuracy at a reasonable distance. S1.14.4B

15 Passing with hands: S1.15

4 Throws to a moving partner with reasonable accuracy in a nondynamic environment (closed skills). S1.15.4

16 Catching: S1.16

4 Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a nondynamic environment (closed environment). S1.16.4

17 Dribbling/ball control with hands: S1.17

4a Dribbles in self-space with both the preferred and the non-preferred hands using a mature pattern. S1.17.4A

4b Dribbles in general space with control of ball and body while increasing and decreasing speed. S1.17.4B

18 Dribbling/ball control with feet: S1.18

4 Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed. S1.18.4

19 Passing and receiving with feet: S1.19

4a Passes and receives ball with the insides of the feet to a moving partner in a nondynamic environment (closed skills). S1.19.4A

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. S1.19.4B

20 Dribbling in Combination: S1.20

4 Dribbles with hands or feet in combination with other skills (e.g. passing, receiving, shooting). S1.20.4

21 Kicking: S1.21

4 Kicks along the ground and in the air, and punts using mature patterns. S1.21.4

22 Volleying underhand: S1.22

4 Volleys underhand using a mature pattern in a dynamic environment (e.g. 2 square, 4 square, handball). S1.22.4

23 Volleying overhead: S1.23

- 4 Volleys a ball with a two-hand overhead pattern, sending it upward, demonstrating 4 of the 5 critical elements of a mature pattern. S1.23.4
 - 24 Striking, short implement: S1.24
 - 4a Strikes an object with a short-handled implement while demonstrating a mature pattern. S1.24.4A
 - 4b Strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall. S1.24.4B
 - 25 Striking, long implement: S1.25
 - 4 Strikes an object with a long-handled implement (e.g. hockey stick, golf club, bat, tennis or badminton racket) while demonstrating 3 of the 5 critical elements of a mature pattern for the implement (grip, stance, body orientation, swing plane, and follow-through). S1.25.4
 - 26 In combination with locomotor: S1.26
 - 4 Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small-sided practice-task environments. S1.26.4
 - 27 Jumping rope: S1.27
 - 4 Creates a jump-rope routine with either a short or long rope. S1.27.4
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AQUATICS

- 28 S1.28
 - 4 Demonstrate selected elements of the basic aquatic skills of front float, back float, glide and recovery in isolated settings. S1.28.4
 - 29 S1.29
 - 4 Demonstrated selected elements of safe water entry and exit, independently, by jumping or stepping from the side safely in isolated settings. S1.29.4
 - 30 S1.30
 - 4 Demonstrate above water arm recovery and rudimentary kick with face in the water, breathing to the side to swim 15 feet/5 yards in the water in isolated settings. S1.30.4
 - 31 S1.31
 - 4 Demonstrate locomotion, in a supine position, using alternative propulsive arm action with hand moving downward and alternating kick in the water in isolated settings. S1.31.4
 - 32 S1.32
 - 4 Demonstrate jumping or stepping from the side while wearing a life jacket and locomote to a position safety in isolated settings. S1.32.4
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Applies knowledge of concepts, principles, strategies and tactics

Standard 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. S2

related to movement and performance. S2

Space: S2.1

4a Applies the concept of open spaces to combination skills involving traveling (e.g. dribbling and traveling) S2.1.4A

4b Applies the concept of closing spaces in small-sided practice tasks. S2.1.4B

Pathways, shapes, levels: S2.2

4 Combines movement concepts with skills in small-sided practice tasks, gymnastics, and dance environments. S2.2.4

Speed, direction, force: S2.3

4a Applies the movement concepts of speed, endurance, and pacing for running. S2.3.4A

4b Applies the concepts of direction and force when striking an object with a short-handled implement, sending it toward a designated target. S2.3.4B

Alignment and muscular tension: S2.4

4 Applies skill. S2.4.4

Strategies and tactics: S2.5

4a Applies simple offensive strategies and tactics in chasing and fleeing activities. S2.5.4A

4b Applies simple defensive strategies and tactics in chasing and fleeing activities. S2.5.4B

4c Recognizes the types of kicks needed for different games and sports situations. S2.5.4C

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. S3

Standard 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. S3

Physical Activity knowledge: S3.1

4 Analyzes opportunities for participating in physical activity outside physical education class. S3.1.4

Engages in Physical Activity: S3.2

4 Actively engages in the activities on physical education class, both teacher-directed and independent. S3.2.4

Fitness Knowledge: S3.3

4 Identifies the components of health-related fitness. S3.3.4

Fitness Knowledge: S3.4	4 Demonstrates warm-up and cool-down relative to the cardiorespiratory fitness assessment. S3.4.4
Assessment and Program Planning: S3.5	4a Completes fitness assessments (pre- and post-). S3.5.4A 4b Identifies areas of needed remediation from personal test and, with teacher assistance, identifies strategies for progress in those areas. S3.5.4B
Nutrition: S3.6	4 Discusses the importance of hydration and hydration choices relative to physical activities. S3.6.4
Exhibits responsible personal and social behavior that respects self and others. S4	Standard 4 Exhibits responsible personal and social behavior that respects self and others. S4
Personal responsibility: S4.1	4 Exhibits responsible behavior in independent group situations. S4.1.4
Personal responsibility: S4.2	4 Reflects on personal social behavior in physical activity. S4.2.4
Accepting feedback: S4.3	4 Listens respectfully to corrective feedback from others (e.g. peers, adults). S4.3.4
Working with others: S4.4	4a Praises the movement performance of others both more- and less-skilled. S4.4.4A 4b Accepts players of all levels into the physical activity. S4.4.4B
Rules and Etiquette: S4.5	4 Exhibits etiquette and adherence to rules in a variety of physical activities. S4.5.4
Safety: S4.6	4 Works safely with peers and equipment in physical activity settings. S4.6.4
Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. S5	Standard 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. S5
Health: S5.1	4 Examines the health benefits of participating in physical activity. S5.1.4

Challenge: S5.2

4 Rates the enjoyment of participating in challenging and mastered physical activities. S5.2.4

Self-expression and enjoyment: S5.3

4 Ranks the enjoyment of participating in different physical activities. S5.3.4

Social interaction: S5.4

4 Describes and compares the positive social interactions when engaged in partner, smallgroup and large-group physical activity. S5.4.4