

Grade 4

Adopted 2013

Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.

Apply manipulative skills to enhance participation in physical activity settings.

Employ fundamental movement skills in various settings.

Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.

Apply specific direction and force to manipulative skills.

Incorporate basic offensive and defensive strategies (i.e., one-on-one, arms out for balance on the balance beam, alignment of players in volleyball, etc.) in a variety of settings.

Participates regularly in physical activity.

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Maintain participation in activities outside of the school setting.

Identify benefits derived from physical activities.

Achieve and maintain a health-enhancing level of physical fitness.

Participate in moderate to vigorous physical activities (MVPA) on a daily basis.

Understand health related fitness standards (muscular strength, muscular endurance, flexibility, aerobic fitness, and body composition) as defined by fitness testing and demonstrate physical fitness.

Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Work cooperatively and productively with a partner or in a group setting.

Accept and respond to winning and losing with dignity and understanding.

Value physical activity for health, enjoyment, challenge, self-

Express enjoyment while participating in physical activity.

**expression, and/or
social interaction.**

Recognize personal challenges and experiences in physical activities.