

# Grade 4

Adopted 2016

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

1. Uses various locomotor skills in a variety of small-sided practice tasks, dance and educational gymnastics experiences. PE.1.4.1

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2. Runs for distance using a mature pattern. PE.1.4.2

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3. Uses jumping & landings specific to dance, educational gymnastics and/or small-sided practice tasks or games. PE.1.4.3

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4. Uses jumping & landings specific to dance, educational gymnastics and/or small-sided practice tasks or games. PE.1.4.4

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5. Combines locomotor movement patterns to create and perform a rhythmic activity. Applies skill with cultural diversity in mind. PE.1.4.5

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6. Combines traveling with manipulative skills of dribbling, throwing, catching and striking in small-sided practice tasks and games. PE.1.4.6

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7. Balances on different bases of support on apparatus, demonstrating levels and shapes. PE.1.4.7

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8. Transfers weight from feet to hands, varying speed and using large extensions (e.g., kick, handstand, cartwheel). PE.1.4.8

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9. Applies skill in general activity. PE.1.4.9

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10. Moves into and out of balances on apparatus with curling, twisting & stretching actions. PE.1.4.10

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11. Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a partner. PE.1.4.11

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12. Combines traveling with balance and weight transfers to create a gymnastics sequence with and without equipment or apparatus. PE.1.4.12

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13. Throws underhand to a large target with accuracy. PE.1.4.13

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14. Throws overhand using a mature pattern in non-dynamic environments (closed skills). PE.1.4.14

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- 15. Throws overhand to a partner or at a target with accuracy at a reasonable distance.** PE.1.4.15
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- 16. Throws to a moving partner with reasonable accuracy in a non-dynamic environment (closed skills).** PE.1.4.16
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- 17. 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 (closed skills).** PE.1.4.17
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- 18. Dribbles in self-space with both the preferred and the non-preferred hand using a mature pattern.** PE.1.4.18
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- 19. Dribbles with control of ball while moving through space using a mature pattern.** PE.1.4.19
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- 20. Dribbles with the feet while moving through space with control of ball and body while increasing and decreasing speed.** PE.1.4.20
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- 21. Applies skill from third grade outcome in small-sided practice tasks.** PE.1.4.21
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- 22. Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting).** PE.1.4.22
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- 23. Kicks along the ground and in the air using mature patterns.** PE.1.4.23
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- 24. Volleys underhand using a mature pattern, in a dynamic environment.** PE.1.4.24
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- 25. Volleys a ball with a 2-hand overhead pattern, sending it upward, using a mature pattern.** PE.1.4.25
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- 26. Strikes an object with a short-handled implement while demonstrating a mature pattern.** PE.1.4.26
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- 27. Strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall.** PE.1.4.27
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- 28. Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis racket, badminton racket), while using mature pattern for the implement (grip, stance, body orientation, swing plane and follow-through).** PE.1.4.28
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- 29. Combines traveling with the manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small-sided practice-task environments.** PE.1.4.29
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- 30. Performs intermediate and advanced jump-rope skills for both long and short ropes.** PE.1.4.30
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The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

1. Applies the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling). PE.2.4.1
2. Applies the concept of closing spaces in small-sided practice tasks. PE.2.4.2
3. Dribbles in general space with changes in direction and speed. PE.2.4.3
4. Combines movement concepts with skills in small-sided practice tasks, gymnastics and/or rhythmic environments. PE.2.4.4
5. Applies the movement concepts of speed, endurance and pacing for running. PE.2.4.5
6. Applies the concepts of direction and force when striking an object with a short and/or long-handled implement, sending it toward a designated target. PE.2.4.6
7. Applies simple offensive strategies and tactics in chasing and fleeing activities. PE.2.4.7
8. Applies simple defensive strategies/tactics in chasing and fleeing activities. PE.2.4.8
9. Recognizes the types of kicks needed for different games and sports situations. PE.2.4.9

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

1. Analyzes opportunities for participating in physical activity outside physical education class. PE.3.4.1
2. Actively engages in the activities of physical education class, both teacher-directed and independent. PE.3.4.2
3. Identifies the health related components of physical fitness and provides examples of physical activities to enhance those components. PE.3.4.3
4. Demonstrates warm-up & cool-down relative to the cardiovascular fitness assessment. PE.3.4.4
5. Completes health-related physical fitness assessments (pre- & post-). PE.3.4.5
6. Identifies areas of needed remediation from personal health-related physical fitness test and, with teacher assistance, identifies strategies for progress in those areas. PE.3.4.6
7. Discusses the importance of hydration and hydration choices relative to physical activities. PE.3.4.7

The physically literate individual exhibits responsible personal

1. Exhibits responsible behavior in independent group situations. PE.4.4.1
2. Reflects on personal social behavior in physical activity. PE.4.4.2

and social behavior that respects self and others.

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**3. Listens respectfully to corrective feed-back from others (e.g., peers, adults).** PE.4.4.3

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**4. Explain and demonstrate safety, rules, procedures, and etiquette to be followed during participation in physical activities.** PE.4.4.4

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**5. Works safely with peers and equipment in physical activity settings.** PE.4.4.5

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

**1. Examines the health benefits of participating in physical activity.** PE.5.4.1