



**PHYSICAL EDUCATION
GRADE FOUR**



**Physical Education - Grade 4
36.00500**

COURSE DESCRIPTION: Physical Literacy in 4th Grade is based upon the development of successful movement experiences, developing the confidence and progressive skills in the following strands: Motor Skills and Movement Patterns, Concepts, Principles, and Strategies, Health-enhancing levels of physical activity and fitness, Personal Responsibility, and Value of Physical Activity.

Course Standard 1

S1.E4 Demonstrates competency in a variety of motor skills and movement patterns.

- S1.E1.4 Uses various locomotor skills in a variety of small-sided practice tasks, dance and education gymnastics experiences.
- S1.E2.4 Runs for distance using a mature pattern.
- S1.E3.4 Uses spring-and-step take-offs and landings specific to gymnastics, both horizontal and vertical.
- S1.E5.4 Combines locomotor movement patterns and dance steps to create and perform an original dance.
- S1.E6.4 Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher-and/or student-designed small sided practice tasks.
- S1.E7.4 Balances on different bases of support on apparatus, demonstrating levels and shapes.
- S1.E8.4 Transfers weight from feet to hands, varying speed and using large extensions (e.g., mule kick, handstand, cartwheel).
- S1.E10.4 Moves into and out of balances on apparatus with curling, twisting and stretching actions
- S1.E11.4 Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a partner.
- S1.E12.4 Combines traveling with balance and weight transfers to create a gymnastic sequence with and without equipment or apparatus.
- S1.E14.4a Throws overhand using a mature pattern in non-dynamic environments (closed skills).
- S1.E14.4b Throws overhand to a partner or at a target with accuracy at a reasonable distance.
- S1.E15.4 Throws to a moving partner with reasonable accuracy in a non-dynamic environment (closed skills).
- S1.E16.4 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).
- S1.E17.4a Dribbles in self-space with both the preferred and the non-preferred hands using a mature pattern.
- S1.E17.4b Dribbles in general space with control of ball and body while increasing and decreasing speed.
- S1.E18.4 Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed.
- S1.E19.4a Passes & receives a ball with the insides of the feet to a moving partner in a non-dynamic environment (closed skills).
- S1.E19.4b Passes & receives a ball with the outsides and insides of the feet to a stationary partner, “giving” on reception before returning the pass.
- S1.E20.4 Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting).
- S1.E21.4 Kicks along the ground and in the air, and punts using mature patterns.
- S1.E22.4 Volleys underhand using a mature pattern, in a dynamic environment (e.g., 2 square, 4 square, handball)
- S1.E23.4 Volleys a ball with a 2-hand overhead pattern, sending it upward, demonstrating 4 of 5 critical elements of a mature pattern.
- S1.E24.4a Strikes an object with short-handled implement while demonstrating a mature pattern.
- S1.E24.4b Strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall.
- S1.E24.4 Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis racket, 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.E26.4 Combines traveling with the manipulative skills of dribbling, throwing, catching and striking in teacher-and/or student-designed small-sided practice-task environments.
- S1.E27.4 Creates a jump-rope routine with either a short or long romp.

Course Standard 2

S2.E4 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance

- S2.E1.4a Applies the concept of open spaces to combination sills involving traveling (e.g., dribbling and traveling).
- S2.E1.4b Applies the concept of closing spaces in small-sided practice tasks.
- S2.E1.4c Dribbles in general space with changes in direction and speed
- S2.E2.4 Combines movement concepts with skills in small-sided practice tasks, gymnastics and dance environment.
- S2.E3.4a Applies the movement concepts of speed, endurance and pacing for running.
- S2.E3.4b Applies the concepts of direction and force when striking an object with a short-handled implement, sending it toward a designated target.
- S2.E5.4a Applies simple offensive strategies and tactics in chasing and fleeing activities
- S2.E5.4b Applies simple defensive strategies/tactics in chasing and fleeing activities
- S2.E5.4c Recognizes the types of kicks needed for different games and sports situations.

Course Standard 3

S3.E4 Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

- S3.E1.4 Analyzes opportunities for participating in physical activity outside physical education class.
- S3.E2.4 Actively engages in the activities of physical education class, both teacher-directed and independent
- S3.E3.4 Identifies the components of health-related fitness.
- S3.E4.4 Demonstrates warm-up and cool-down relative to the cardio-respiratory fitness assessment.
- S3.E5.4a Completes fitness assessments (pre & post).
- S3.E5.4b Identifies areas of needed remediation from personal test and, with teacher assistance, identifies strategies for progress in those areas.
- S3.E6.4 Discusses the importance of hydration and hydration choices relative to physical activities.

Course Standard 4

S4.E4 Exhibits responsible personal and social behavior that respects self and others

- S4.E1.4 Exhibits responsible behavior in independent group situations.
- S4.E2.4 Reflects on personal social behavior in physical activity.
- S4.E3.4 Listens respectfully to corrective feedback from others (e.g., peers, adults)
- S4.E4.4a Praises the movement performance of others both more and less-skilled.
- S4.E4.4b Accepts players of all skill levels into the physical activity.
- S4.E5.4 Exhibits etiquette and adherence to rules in a variety of physical activities.
- S4.E6.4 Works safely with peers and equipment in physical activity settings.

Course Standard 5

S5.E4 Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

- S5.E1.4 Examines the health benefits of participating in physical activity.
- S5.E2.4 Rates the enjoyment of participating in challenging and mastered physical activities.
- S5.E3.4 Rates the enjoyment of participating in different physical activities.

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

