



Physical Education

Expectations for 4th Grade Students:

- **Movement Competence and Understanding:** Identify the major characteristics of mature locomotor (e.g., walking, running, skipping), non-locomotor (e.g., twisting, stretching, bending), manipulative (e.g., catching, throwing, striking) and rhythmic skills (e.g., dancing, jumping rope, hula hoops); provide and receive feedback to and from peers using the major characteristics of mature locomotor and manipulative skills.
- **Physical and Personal Wellness:** Explain how the health-related fitness components are used to improve physical fitness; analyze opportunities for participating in physical activity and actively engage in teacher-directed and independent activities.
- **Social and Emotional Wellness:** Assess and take responsibility for personal behavior and stress management.
- **Prevention and Risk Management:** Demonstrate knowledge of safe practices in a physical activity setting.

Throughout 4th Grade You May Find Students:

- Dribbling and passing an object to a moving receiver.
- Using a variety of manipulatives to throw to a moving target, making the needed adjustments for skill improvement.
- Creating a rhythmic routine, including gymnastics, creative dance, or jump rope.
- Using peer assessment tools to recognize and evaluate the critical elements of movement in a variety of physical activities.
- Identifying health-related components of fitness and demonstrating an exercise that positively impacts each component.
- Understanding the importance of participation in fitness-enhancing physical activities such as gymnastics clubs, community-sponsored youth sports, or activity clubs.
- Demonstrating respect for the person who is officiating.
- Explaining safety considerations prior to participation in lead-up games.

