

4th Grade

4th Grade Physical Education Standards & Grade Level Outcomes Addressed

Unit:	Focus:	
GLO:	Standard #1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	GLO Addressed (✓)
(S1.E1.4)	Uses various locomotor skills in a variety of small-sided practice tasks, dance and educational gymnastic experiences	
(S1.E2.4)	Runs for distance using mature pattern	
(S1.E3.4)	Uses spring-and-step take-offs & landings specific to gymnastics	
(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., kick, handstand, cartwheel)	
(S1.E9.4)	Applies skill (Weight transfer/rolling)	
(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 gymnastics sequence with and without equipment or apparatus	
(S1.E13.4)	Applies skill (Underhand throw)	
(S1.E14.4a)	Throws overhand using a mature pattern in a non-dynamic environment (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 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 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 the ball and body while increasing and decreasing speed	
(S1.E19.4a)	Passes & receives ball with the insides of the feet to a moving partner in a non-dynamic environment (closed skills)	
(S1.E19.4b)	Passes and receives a ball with the outsides and insides of the feet to a stationary partner, "giving" on reception before or returning the pass	
(S1.E20.4)	Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting)	
(S1.21.4)	Kicks along the ground in the air, and punts using mature manner	
(S1.E22.4)	Volleys underhand using mature pattern in non-dynamic environment (e.g., 2-square, 4-square, handball)	
(S1.E23.4)	Volleys a ball with a two-hand overhead pattern, sending it upward, demonstrating 4 of the 5 critical elements of a mature pattern	
(S1.E24.4a)	Strikes an object with a 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.E25.4)	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 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 rope	
GLO:	Standard #2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance	GLO Addressed (✓)
(S2.E1.4a)	Applies the concept of open spaces to combination skills 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 environments	
(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.E4.4)	Applies skill (Alignment & muscular tension)	
(S2.E5.4a)	Applies simple offensive strategies and tactics in chasing & 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 & sports situations	
GLO:	Standard #3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity activity and fitness	GLO Addressed (✓)
(S3.E1.4)	Analyzes opportunities for participating in physical activity outside of 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 & cool-down relative to the cardiorespiratory 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	
GLO:	Standard #4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others	GLO Addressed (✓)
(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 lessskilled	
(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	
GLO:	Standard #5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction	GLO Addressed (✓)
(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)	Ranks the enjoyment of participating in different physical activities	
(S5.E4.4)	Describes & compares the positive social interactions when engages in partner, small-group and large-group physical activities	