Fourth Grade Physical Education Curriculum

Standard 1: Demonstrates competency in motor skills and movement patterns to perform a variety of physical activities. Topic: Motor Skills	Standard 2: The student demonstrates understanding of movement concepts, principals, strategies, and tactics as they apply to learning and the performance of physical activities. Topic: Movement Concept	Standard 3: The student participates regularly in physical activity. Topic: Participation	Standard 4: The student achieves and maintains a health-enhancing level of physical fitness. Topic: Physical Fitness	Standard 5: The student exhibits responsible personal and social behavior that respects self and others in physical activity settings. Topic: Personal Behavior	Standard 6: The student values physical activity for health, enjoyment, challenge, self-expression, and/0r social interaction. Topic: Values Activity
• Demonstrates progress towards the mature form of throwing, catching, kicking, strike, and volley, dribbling with hands and feet. • Demonstrates skills in game situations. • Performs a variety of intermediate dance and or rhythmic activities. • Demonstrates a variety of advanced jump rope skills including single rope partner skills. • Transfers and supports body weight using the upper body.	• Demonstrates knowledge of basic movement concepts. • Identify mature locomotor movement patterns. • Use feedback to improve performance. • Designs a simple game, including rules. • Identifies physical and psychological benefits that result from participation in physical activity.	• Identifies at least one activity for participation on a regular basis outside of physical education class. • Recognizes the opportunities for physical activity in the community. • Maintains a physical activity log documenting activity date. • Accumulates at least 60 minutes of moderate to vigorous physical activity outside of physical education class on most days of the week.	• Participates in moderate to vigorous levels of physical activity that develop each component of physical fitness. • Understands the importance of engaging in sustained physical activity with the target heart zone. • Monitors heart rate during aerobic activity. • Meets the specific health related fitness standards. • Identifies strengths and weaknesses based upon the results of health related fitness assessment.	• Cooperates with all class members by taking turns and sharing equipment. • Accepts the teacher's decision with displaying negative reactions. • Assesses and takes responsibility for behavior choices without blaming others. • Recognizes and appreciates various levels of skills and abilities in self and others. • Encourages others regularly and refrains from negative statements.	• Identifies positive feelings associated with participation in physical activities. • Recognizes the impact of physical activity on health. • Displays persistence in learning new motor skills. • Recognizes the impact of practice on skill improvement.

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