



Physical Education
Fourth Grade

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

- 1.1 Uses mature form in object control skills.
- 1.2 Uses mature sport-specific skills for a variety of physical activities.
- 1.3 Uses mature form and appropriate sequence combinations of fundamental and rhythmic loco-motor movements.
- 1.4 Uses mature form in balance activities.

2.0 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- 2.1 Develops basic offensive and defensive strategies in a modified version of a game.

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

- 3.1 Knows how to monitor the intensity of exercise.
- 3.2 Works to develop and maintain muscular strength and flexibility.

4.0 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- 4.1 Knows how to develop rules, procedures and etiquette that are safe and effective for specific activity situations.

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

- 5.1 Understands the physical challenges faced by people with disabilities.

5.2 Demonstrates acceptance of the skills and abilities of others through verbal and nonverbal behavior.