

Georgia Physical Education

# Grade 4

Adopted 2018

## Motor Skills and Movement Patterns

- 1. The physically educated student demonstrates competency in a variety of motor skills and movement patterns. PE4.1**
    - a. Uses various locomotor skills in a variety of small-sided games, dance, and educational gymnastics experiences. PE4.1.A
    - b. Creates a repeatable dance, gymnastics, or exercise routine when combining locomotor movement patterns. PE4.1.B
    - c. Balances on different bases of support while transferring weight (walk and balance on a low beam, log roll, transfer weight while stretching and transferring weight from one foot to the other). PE4.1.C
    - d. Transfers weight in gymnastics and/or dance environments. PE4.1.D
    - e. Throws underhand and overhand using a mature form to a stationary partner or target with reasonable accuracy. PE4.1.E
    - f. Throws to a moving partner or target with reasonable accuracy. PE4.1.F
    - g. Catches a ball thrown from a partner at three different levels (high, medium, and low) with proper form. PE4.1.G
    - h. Dribbles with dominant and non-dominant hands in general space with control of ball and body while increasing and decreasing speed. PE4.1.H
    - i. Dribbles (with feet) in general space with control of ball and body while increasing and decreasing speed. PE4.1.I
    - j. Kicks an object along the ground and in the air. PE4.1.J
    - k. Punts a ball using mature form. PE4.1.K
    - l. Receives and passes the ball with the inside and outside of the feet to a stationary and moving target. PE4.1.L
    - m. Volleys underhand using a mature form in small-sided games. PE4.1.M
    - n. Volleys a ball upward with a two-hand overhead pattern. PE4.1.N
    - o. Strikes an object with a short-handled implement (lollipop paddle or ping pong paddle) alternating hits with a partner over a low net, line, or against a wall demonstrating mature form. PE4.1.O
    - p. Strikes an object with a long-handled implement (hockey stick, golf club, bat, tennis or badminton racket) while demonstrating three of the five critical elements of a mature form (grip, stance, body orientation, swing plane, and follow-through). PE4.1.P
    - q. Combines traveling with the manipulative skills of dribbling, throwing, catching, striking, and kicking in small-sided games. PE4.1.Q
    - r. Creates and/or performs a jump rope routine. PE4.1.R
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## Movement Concepts and Principles

- 2. The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.** PE4.2
    - a. Applies the concepts of open and closed spaces in a movement setting. PE4.2.A
    - b. Combines pathways, shapes and levels with skills in small-sided games, gymnastics and/or dance environments. PE4.2.B
    - c. Applies the concepts of speed, endurance, and pacing in movement activities. PE4.2.C
    - d. Applies the concepts of direction and force when manipulating an object. PE4.2.D
    - e. Applies simple offensive and defensive tactics and strategies in a variety of activities. PE4.2.E
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## Fitness

- 3. The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.** PE4.3
    - a. Identifies physical activities which contribute to fitness. PE4.3.A
    - b. Demonstrates warm-up and cool-down activities as they relate to cardiorespiratory fitness assessment. PE4.3.B
    - c. Identifies the components of health-related fitness. PE4.3.C
    - d. Demonstrates the proper protocol and identifies form breaks for the Georgia fitness assessment components. PE4.3.D
    - e. Identifies what the Healthy Fitness Zones are and connects their significance as a piece of the Georgia Fitness Assessment. PE4.3.E
    - f. Participates in the Georgia Fitness Assessment Program with teacher supervision and determines if he/she is within the healthy fitness zone. PE4.3.F
    - g. Identifies areas to improve based on Georgia Fitness Assessment results. PE4.3.G
    - h. Compares opportunities for participating in physical activity outside of physical education class. PE4.3.H
    - i. Independently engages in physical education class. PE4.3.I
    - j. Discusses the importance of hydration related to physical activity. PE4.3.J
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## Personal and Social Behavior, Rules, Safety, and Etiquette

- 4. The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.** PE4.4
  - a. Exhibits responsible behavior through adherence to rules and procedures in a variety of physical activities. PE4.4.A
  - b. Exhibits independent and cooperative responsibility. PE4.4.B
  - c. Listens respectfully to corrective feedback from others (peers and adults). PE4.4.C
  - d. Works safely with peers and equipment in physical activity settings. PE4.4.D

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- 5. The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. PE4.5**
- a. Examines the health benefits of participating in physical activity. PE4.5.A
  - b. Ranks the enjoyment and/or challenge of various physical activities. PE4.5.B
  - c. Describes and compares the positive social interactions when engaged in a variety of physical activities. PE4.5.C