

Grade 4

The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns. 4.1

Locomotor Skills

- 1 Locomotor (Hopping, galloping, running, sliding, skipping, leaping, walking, running) 4.1.1
 - A Applies mature patterns in locomotor skills in a variety of lead-up activities and small sided game play. 4.1.1.A
 - B Performs appropriate pacing in a variety of running distances. 4.1.1.B
- 2 Locomotor (Jumping and landing in a horizontal and vertical plane) 4.1.2
 - A Jumps and lands in the horizontal and vertical planes using a mature pattern within activities (such as in dance, educational gymnastics and small-sided practice tasks and game environments). 4.1.2.A
- 3 Locomotor (Dance, Rhythm, Combinations) 4.1.3
 - A Combines locomotor movement patterns and dance steps to create and perform an original dance. 4.1.3.A
- 4 Non-Locomotor 4.1.4
 - A Applies mature patterns in nonlocomotor skills in a variety of lead-up activities and small sided game play. 4.1.4.A
- 5 Non-Locomotor (Balance) 4.1.5
 - A Balances on different bases of support on apparatus, demonstrating levels and shapes. 4.1.5.A
- 6 Non-Locomotor (Weight Transfer) 4.1.6
 - A Transfers weight from feet to hands, varying speed and using large extensions (such as kick, handstand, cartwheel). 4.1.6.A

Manipulative Skills

- 7 Manipulative Skills (Throw) 4.1.7
 - A Performs mature pattern in an underhand throw to a moving partner. 4.1.7.A
 - B Demonstrates mature pattern in an underhand throw with accuracy. 4.1.7.B
 - C Throws overhand using a mature pattern in non-dynamic environments. 4.1.7.C
 - D Throws overhand to a partner or at a target with accuracy at a reasonable distance. 4.1.7.D
- 8 Manipulative Skills (Pass with Hands) 4.1.8
 - A Passes to a moving partner with reasonable accuracy in a non-dynamic environment. 4.1.8.A
- 9 Manipulative Skills (Catch) 4.1.9
 - A Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a non-dynamic environment 4.1.9.A
- 10 Manipulative Skills (Hand Dribble) 4.1.10
 - A Dribbles in personal space with both the preferred and the non-preferred hands using a mature pattern. 4.1.10.A
 - B Dribbles in general space with control of ball and body while increasing and decreasing speed. 4.1.10.B
- 11 Manipulative Skills (Foot Pass/Kick) 4.1.11
 - A Passes & receives a ball with the inside of the foot to a moving partner in a non-dynamic environment 4.1.11.A
 - B Passes and receives a ball with the outside and inside of the foot to a stationary partner, “giving” on reception before returning the pass. 4.1.11.B
 - C Kicks along the ground, in the air, and punts using mature patterns. 4.1.11.C
- 12 Manipulative Skills (Foot Dribble) 4.1.12
 - A Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed. 4.1.12.A
- 13 Manipulative Skills (Foot Trap Receive) 4.1.13
 - A Performs mature pattern while receiving with the foot when moving in a non-dynamic environment. 4.1.13.A
- 14 Manipulative Skills (Strike/Volley, Hands and Arms) 4.1.14
 - A Demonstrates mature pattern while striking an object underhand in a variety of lead-up activities and small-sided game play. 4.1.14.A
- 15 Manipulative Skills (Strike with Implement) 4.1.15
 - A Strikes an object with a short-handled implement while demonstrating a mature pattern. 4.1.15.A
 - B Strikes an object with a long-handled implement (such as a hockey stick, golf club, bat, tennis racket, badminton racket), while demonstrating three of the five

critical elements of a mature pattern for the implement. 4.1.15.B

16 Manipulative Skills (Jump Rope) 4.1.16

- A Creates a jump-rope routine (such as jumping in a figure 8, front to back, etc., and with short rope, long rope, double dutch, Jump Bands). 4.1.16.A

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. 4.2

Movement Concepts and Strategies

1 Space 4.2.1

- A Applies the concept of open spaces to combination skills involving traveling (such as dribbling and traveling). 4.2.1.A
- B Applies the concept of open spaces to combination skills involving traveling (such as dribbling and traveling). 4.2.1.B

2 Pathways, Shapes, Levels 4.2.2

- A Combines movement concepts with skills in small-sided practice tasks (such as gymnastics and dance environments). 4.2.2.A

3 Speed, Direction, Force 4.2.3

- A Applies the movement concepts of speed, endurance and pacing for running. 4.2.3.A
- B Applies the concepts of direction and force when striking an object sending it toward a designated target. 4.2.3.B

4 Strategies and Tactics 4.2.4

- A Applies simple offensive strategies and tactics in chasing and fleeing activities. 4.2.4.A
- B Applies simple defensive strategies/ tactics in chasing and fleeing activities. 4.2.4.B
- C Recognizes the types of kicks needed for different games and sports situations. 4.2.4.C

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 4.3

Physical Activity

1 Physical Activity Knowledge 4.3.1

- A Analyzes opportunities for participating in physical activity outside physical education class. 4.3.1.A

2 Engages in Physical Activity 4.3.2

- A Actively engages in the activities of physical education class, both teacher directed and independent. 4.3.2.A

Fitness

- 3 Fitness Knowledge 4.3.3
 - A Identifies the five components of health-related fitness. 4.3.3.A
 - B Demonstrates warmup and cool-down relative to the cardiorespiratory fitness assessment. 4.3.3.B
- 4 Fitness Assessment & Wellness Planning 4.3.4
 - A Completes fitness assessments (pre and post). 4.3.4.A
 - B Identifies areas of needed remediation from personal tests and, with teacher assistance, identifies strategies for progress in those areas. 4.3.4.B
- 5 Body Systems 4.3.5
 - A Describes connections between body systems. 4.3.5.A
- 6 Nutrition 4.3.6
 - A Discusses the importance of hydration and hydration choices relative to physical activities. 4.3.6.A

The physically literate individual exhibits responsible personal and social behavior that respects self and others. 4.4

Responsible Personal and Social Behavior

- 1 Personal Responsibility 4.4.1
 - A Exhibits responsible behavior in both independent and group situations. 4.4.1.A
 - B Reflects on personal social behavior in physical activity. 4.4.1.B
 - 2 Accepting Feedback 4.4.2
 - A Listens respectfully to corrective feedback from others (such as peers, adults). 4.4.2.A
 - 3 Working with Others 4.4.3
 - A Praises the movement effort of others both more and less skilled. 4.4.3.A
 - B Accepts players of all skill levels into the physical activity. 4.4.3.B
 - 4 Rules & Etiquette 4.4.4
 - A Exhibits etiquette and adherence to rules in a variety of physical activities. 4.4.4.A
 - 5 Safety 4.4.5
 - A Works safely with peers, independently, and with/without equipment in physical activity settings. 4.4.5.A
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The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction. 4.5

Valuing Health, Enjoyment, Challenge, Self Expression, and Social Interaction

1 Health 4.5.1

A Examines the health benefits of participating in physical activity. 4.5.1.A

2 Challenge 4.5.2

A Rates the enjoyment of participating in challenging and mastered physical activities. 4.5.2.A

3 Self-expression and Enjoyment 4.5.3

A Ranks the enjoyment of participating in different physical activities. 4.5.3.A

4 Social Interaction 4.5.4

A Describes and compares the positive social interactions when engaged in partner, small-group and large-group physical activities. 4.5.4.A