

# Grade 4

Adopted 2013

**Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.**

**Apply manipulative skills to enhance participation in physical activity settings.**

**Employ fundamental movement skills in various settings.**

**Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.**

**Apply specific direction and force to manipulative skills.**

**Incorporate basic offensive and defensive strategies (i.e., one-on-one, arms out for balance on the balance beam, alignment of players in volleyball, etc.) in a variety of settings.**

**Participates regularly in physical activity.**

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**Maintain participation in activities outside of the school setting.**

**Identify benefits derived from physical activities.**

**Achieve and maintain a health-enhancing level of physical fitness.**

**Participate in moderate to vigorous physical activities (MVPA) on a daily basis.**

**Understand health related fitness standards (muscular strength, muscular endurance, flexibility, aerobic fitness, and body composition) as defined by fitness testing and demonstrate physical fitness.**

**Exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

**Work cooperatively and productively with a partner or in a group setting.**

**Accept and respond to winning and losing with dignity and understanding.**

**Value physical activity for health, enjoyment, challenge, self-**

**Express enjoyment while participating in physical activity.**

**expression, and/or  
social interaction.**

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**Recognize personal challenges and experiences in physical activities.**