

Grade 4

Demonstrates competency in a variety of motor skills and movement patterns. 1

Sports Skills and Games

- 1 Demonstrates a combination of locomotor, non-locomotor, and manipulative skills in a variety of physical activities. 1.1.4
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Dance, Movement, and Rhythmic Activities

- 2 Demonstrates a combination of locomotor, non-locomotor, and manipulative skills in a variety of physical activities in dance, movement, and rhythmic activities. 1.2.4
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Fitness Activities

- 3 Demonstrates a combination of locomotor, non-locomotor, and manipulative skills. 1.3.4
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Lifetime Activities

- 4 Demonstrates a combination of locomotor, non-locomotor, and manipulative skills in a variety of physical activities. 1.4.4
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Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2

Movement Concepts

- 1 Demonstrates a combination of movement concepts, locomotor, and/or manipulative skills in a variety of physical activities. 2.1.4
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Strategies and Tactics

- 2 Identifies emerging forms of simple strategies, tactics, and communication in small-sided games and other physical activities. 2.2.4
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Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

Fitness Planning

- 1 Identifies the components of skill-related fitness. 3.1.4
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Additional Health-Enhancing Behaviors

- 2 Explains how health-enhancing behaviors influence overall wellness. 3.2.4
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Exhibits responsible personal and social behavior that respects self and others. 4

Self-awareness and management

- 1 Demonstrates responsible personal behavior in physical activity settings. 4.1.4

Social awareness and relationship skills

- 2 Demonstrates responsible behavior with minimal teacher prompts in physical activity settings. 4.2.4
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Responsible decision making

- 3 Compares and contrasts possible outcomes to decisions in physical activity settings. 4.3.4
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Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression. 5

Overall Wellness

- 1 Examines the overall wellness benefits of physical activity and identifies potential consequences of inactivity. 5.1.4
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Challenge

- 2 Describes the challenge that comes from learning a new physical activity. 5.2.4
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Self-Expression/Enjoyment

- 3 Ranks the personal level of enjoyment in participating in different physical activities. 5.3.4
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Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness. 6

Personal and Community Resources

- 1 Describes how personal resources could be used to support participation in a variety of physical activities. 6.1.4
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Careers

The outcomes for 6.2. begin in grade 6.