



Course Title: Fourth Grade Physical Education	
Description: The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.	
To pursue a lifetime of healthful physical activity, a physically literate individual: <ul style="list-style-type: none"> • Has learned the skills necessary to participate in a variety of physical activities. • Knows the implications and the benefits of involvement in various types of physical activities. • Participates regularly in physical activity. • Is physically fit. • Values physical activity and its contributions to a healthful lifestyle. 	
Reporting Topic	Grade Level Standards
<u>Motor Skills and Movement Patterns</u>	<ul style="list-style-type: none"> • Runs for distance using a mature pattern. (S1.E2.4) • Throws overhand to a partner or at a target with accuracy at a reasonable distance. (S1.E14.4b) • Volleys underhand using a mature pattern in a dynamic environment (e.g., 2 square, 4 square, handball). (S1.E22.4)
<u>Fitness Knowledge</u>	<ul style="list-style-type: none"> • Engages actively in the activities of physical education class, both teacher-directed and independent. (S3.E2.4) • Identifies the components of health-related fitness.5 (S3.E3.4) • Completes fitness assessments (pre and post). (S3.E5.4a) • Identifies areas of needed remediation from personal test and, with teacher assistance, identifies strategies for progress in those areas. (S3.E5.4b)
<u>Responsible Personal and Social Behavior</u>	<ul style="list-style-type: none"> • Exhibits responsible behavior in independent group situations. (S4.E1.4) • Reflects on personal social behavior in physical activity. (S4.E2.4) • Listens respectfully to corrective feedback from others (e.g., peers, adults). (S4.E3.4) • Praises the movement performance of others both more skilled and less skilled. (S4.E4.4a) • Accepts players of all skill levels into the physical activity. (S4.E4.4b) • Exhibits etiquette and adherence to rules in a variety of physical activities. (S4.E5.4) • Works safely with peers and equipment in physical activity settings. (S4.E6.4)