

Grade 4

Motor Skills and Movement Patterns

1. Creates a gymnastics or tumbling sequence combining balance and weight transfers with or without equipment or apparatus. (S1.E12.4)
2. Throws to a moving partner with reasonable accuracy. (S1.E15.4, S1.E15.5b)
3. Dribbles with both the dominant and non-dominant hands using a mature pattern while moving. (S1.E17.4a, S1.E17.4b)
4. Strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall. (S1.E24.4a, S1.E24.4b, S1.E24.5)
5. Creates a rope jumping routine with either a short or long rope. (S1.E27.4)

Concepts, Principles, Strategies, and Tactics

6. Applies simple offensive and defensive strategies and tactics in a game situation. (S2.E5.4a, S2.E5.4b, S2.E5.5a, S2.E5.5b, S2.E5.5c)

Fitness Knowledge and Skills

7. Identifies the components of health-related fitness. (S3.E3.4)
8. Completes required fitness assessments and identifies areas of needed remediation from personal test results. (S3.E5.4a, S3.E5.4b)

Responsible Personal and Social Behavior

9. Accepts players of all skill levels into the physical activity. (S4.E4.4b)

Values Physical Activity

10. Examines and compares the health benefits of participating in a variety of physical activities. (S5.E1.4, S5.E1.5)