
Physical Education: Grade 4

To a greater extent than in the core academic subjects, Physical Education teachers must infuse personal and social skill development in helping students meet and exceed the content standards. Consequently, the presentation of the Physical Education Standards is preceded by a list of complementary Personal and Social Development Skills (PESK). Including the PESK components in teaching the Physical Education standards is critical in promoting lifelong, healthy physical activity and in realizing the wide range of benefits associated with participation in dance, sports, games, and other physical activities.

Strand:

PESK Personal and Social Development Skills The student applies responsible personal and social development skills in a physical activity setting. In Grade 4 all students will:

Standards:

- PESK1:** participate fully and communicate cooperatively with others;
- PESK2:** perform activities safely and follow rules of etiquette and ethical behavior;
- PESK3:** display age appropriate self-control and discipline;
- PESK4:** display a willingness to receive and use feedback to improve performance;
- PESK5:** accept the decisions of and respond positively to teachers/officials in charge of games/activities;
- PESL6:** choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;
- PESK7:** display an interest in and assist and encourage others' efforts;
- PESK8:** display behaviors that are supportive and inclusive;
- PESK9:** self-initiate behaviors that contribute to personal and partner/group effort;
- PESK10:** adjust behavior to prevent/reconcile conflicts.

Strand:

PE1 Motor Skills and Movement Patterns Competency in motor skills and movement patterns is needed to perform a variety of physical activities. In Grade 4 all students will:

Standards:

- PE1a:** demonstrate combinations of motor skills, adapting to the demands of a fluid, game-like situation (e.g., changes in speed during dynamic situations);
- PE1b:** demonstrate eye-hand and eye-foot coordination using a ball and other objects (e.g., batting off a tee, catching a pass on the run);
- PE1c:** demonstrate combinations of motor skills and patterns in a variety of rhythmic/dance-related activities (e.g., tinikling, step to $\frac{3}{4}$ time, electric slide);
- PE1d:** apply movement concepts to sequenced gymnastic routines with smooth transitions both alone and with others;
- PE1e:** recognize terminology that is used in a variety of sports/games and rhythmic/dance activities;
- PE1f:** demonstrate peer assessment;
- PE1g:** identify principles of practice and feedback to improve movement performance;

- PE1h:** compare rules and safety procedures of lead-up games; and
- PE1i:** select and use appropriate protective equipment for preventing injuries (e.g., helmets, elbow/kneepads, wrist guards, proper shoes, and clothing).

Strand:

PE2 Physical Activity and Fitness

A physically active lifestyle is essential to maintain a health-enhancing level of physical fitness. In Grade 4 all students will:

Standards:

- PE2a:** participate regularly in moderate-to-vigorous physical activities during physical education class and recess;
- PE2b:** engage in a variety of physical activities to develop and measure individual aerobic capacity using a heart-rate monitor to measure heart rate before, during, and after activity;
- PE2c:** perform warm-up before and cool-down after activity;
- PE2d:** use fitness activities to develop and measure body strength and muscular endurance (e.g., curl-ups, push-ups);
- PE2e:** use fitness activities to develop and measure flexibility;
- PE2f:** demonstrate diaphragmatic breathing and muscle tension and relaxation techniques;
- PE2g:** recognize how physically active lifestyles can promote health and inactive lifestyles can contribute to major lifestyle diseases;
- PE2h:** participate in simple, informal, self- and peer assessments of health- and skill-related physical fitness;
- PE2i:** monitor and begin to adapt individual level of physical activity and hydration based on changes in the body occurring during moderate-to-vigorous physical activity.