

Physical Education: Grade 4

Personal & Social Development Skills

- Participates fully and communicates cooperatively with others
- Follows rules of etiquette and ethical behavior
- Displays age-appropriate self-control and discipline
- Uses feedback to improve performance
- Accepts the decisions of those teachers or officials in charge
- Chooses healthful physical activities
- Encourages the efforts of others
- Displays supportive/inclusive behaviors
- Self-initiates contributions to personal and partner/group effort
- Adjusts behavior to prevent/reconcile conflicts

Motor Skills & Movement Patterns

- Adapts movement to demands of fluid, game-like situations
- Demonstrates combinations of motor skills and patterns in varied rhythmic/dance-related activities
- Applies movement concepts to sequenced gymnastic routines
- Recognizes terminology used in sports/games and rhythmic/dance activities
- Identifies principles of practice and feedback to improve performance
- Compares rules and safety procedures of lead-up games

Physical Activity & Fitness

- Uses fitness activities to develop and measure strength, endurance, and flexibility
- Demonstrates diaphragmatic breathing and muscle tension/relaxation techniques
- Recognizes ways active lifestyles can promote health
- Participates in simple, informal, self- and peer assessments
- Monitors hydration during moderate–vigorous physical activity