
Physical Education: Grade 4

To a greater extent than in the core academic subjects, Physical Education teachers must integrate personal and social skill development as part of a student's achievement of the content standards. Consequently, the presentation of the Physical Education Standards is preceded by a list of complementary Personal and Social Development Skills (PESK) standards. Including PESK standards as part of teaching, learning and assessment in Physical Education 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

Essential Understanding: **4PESK:** Physical activity provides opportunities for self expression and social development and interaction.

The student will:

- Standards:
- 4PESK1:** participate fully and communicate cooperatively with others;
 - 4PESK2:** perform activities safely and follow rules of etiquette and ethical behavior;
 - 4PESK3:** display age appropriate self-control and discipline;
 - 4PESK4:** display a willingness to receive and use feedback to improve performance;
 - 4PESK5:** accept the decisions of and respond positively to teachers/officials in charge of games/activities;
 - 4PESK6:** choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;
 - 4PESK7:** display an interest in and assist and encourage others' efforts;
 - 4PESK8:** display behaviors that are supportive and inclusive;
 - 4PESK9:** self-initiate behaviors that contribute to personal and partner/group effort;
 - 4PESK10:** adjust behavior to prevent/reconcile conflicts.

Strand:

PE1 Motor Skills and Movement Patterns

Essential Understanding: **4PE1** Competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity.

The student will:

- Standards:
- 4PE1a:** demonstrate combinations of motor skills, adapting to the demands of a fluid, game-like situation (e.g., changes in speed during dynamic situations);
 - 4PE1b:** 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);
 - 4PE1c:** demonstrate combinations of motor skills and patterns in a variety of rhythmic/dance-related activities (e.g., tinikling, step to ¾ time, electric slide);

- 4PE1d:** apply movement concepts to sequenced gymnastic routines with smooth transitions both alone and with others;
- 4PE1e:** recognize terminology that is used in a variety of sports/games and rhythmic/dance activities;
- 4PE1f:** demonstrate peer assessment;
- 4PE1g:** identify principles of practice and feedback to improve movement performance;
- 4PE1h:** compare rules and safety procedures of lead-up games; and
- 4PE1i:** 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

Essential Understanding:

- 4PE2** Balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness.

The student will:

Standards:

- 4PE2a:** participate regularly in moderate-to-vigorous physical activities during physical education class and recess;
- 4PE2b:** 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;
- 4PE2c:** perform warm-up before and cool-down after activity;
- 4PE2d:** use fitness activities to develop and measure body strength and muscular endurance (e.g., curl-ups, push-ups);
- 4PE2e:** use fitness activities to develop and measure flexibility;
- 4PE2f:** demonstrate diaphragmatic breathing and muscle tension and relaxation techniques;
- 4PE2g:** recognize how physically active lifestyles can promote health and inactive lifestyles can contribute to major lifestyle diseases;
- 4PE2h:** participate in simple, informal, self- and peer assessments of health- and skill-related physical fitness;
- 4PE2i:** 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.