

Grade Four Outcomes:

1. Utilize locomotor skills while varying movement conditions such as: speed, levels, and space in authentic situations. (pe4.1.1.a)
2. Use general space to create or deny space when developing or using game strategies in authentic small group situations. (pe4.1.1.a)
3. Individually or with a partner, design, refine, and perform dance patterns, rhythmic activities, or rope jumping sequences with or without the use of music or other rhythmic accompaniment. (pe4.1.2.a)
4. Demonstrate throwing, catching, and moving to open space in a small group keep away situation. (pe4.1.3.a)
5. Demonstrate striking an object to a wall or over a net with control using forehand, backhand, underhand, overhand, or overhead striking skills. (pe4.1.3.a)
6. Using a graphic organizer, create and perform a gymnastic sequence that includes a clear beginning, two different rolls, one balance, one transfer of weight, and a clear ending shape using smooth transitions between each skill. (pe4.1.3.b)
7. Manipulate objects using varied amounts of force appropriate to the given situation. (pe4.2.1.b)
8. Utilize skill progressions and appropriate practice to improve performance. (pe4.3.1.a)
9. Differentiate and perform activities that improve each component of fitness. (pe4.4.3.a)
10. Participate in the PACER test and compare score to the healthy fitness zone. (pe4.5.1.a)
11. Participate in modified pull-up/push-up, and curl-up test(s) and compare score to the healthy fitness zone. (pe4.5.2.a)
12. Participate in the sit and reach/shoulder stretch and trunk lift test(s) and compare score to the healthy fitness zone. (pe4.5.3.a)
13. Select developmentally appropriate activities that maintain and improve flexibility. (pe4.5.3.b)
14. Demonstrate the ability to participate fairly and safely while in group settings. (pe4.6.3.a)