

HCPSS Physical Education

Grade 4 Course Indicators/Objectives

Standard 1: Motor Skills and Movement Patterns

- Demonstrates various locomotor skills in a variety of small-sided practice tasks, dance, and educational gymnastics experiences. S1.G4.1
- Runs for distance using a mature pattern. S1.G4.2
- Uses spring and step takeoffs and landings specific to gymnastics. S1.G4.3
- Combines locomotor movement patterns and dance steps to create and perform an original dance. S1.G4.4
- Combines traveling with manipulative skills of dribbling, throwing, catching, and striking with a partner in teacher-and/or student-designed small-sided practice tasks. S1.G4.5
- Balances on different bases of support on an apparatus, demonstrating levels and shapes. S1.G4.6
- Transfers weight from feet to hands, varying speed and using large extensions. S1.G4.7
- Moves into and out of balances on an apparatus with curling, twisting, and stretching actions. S1.G4.8
- Combines locomotor skills and movement concepts to create and perform a dance with a partner. S1.G4.9
- Combines traveling with balance and weight transfers to create a gymnastics sequence. S1.G4.10
- Using a three-step approach, rolls a ball to a partner or target, demonstrating a mature pattern. S1.G4.11
- Throws underhand to a partner or target with reasonable accuracy, demonstrating a mature pattern. S1.G4.12
- Throws overhand, demonstrating a mature pattern in non-dynamic environments. S1.G4.13a
- Throws overhand to a partner or at a target with accuracy at a reasonable distance. S1.G4.13b
- Throws to a moving partner with reasonable accuracy in a nondynamic environment. S1.G4.14
- Catches a thrown ball above the head, at chest or waist- level, and below the waist using a mature pattern in a non-dynamic environment. S1.G4.15
- Dribbles in personal space with both the preferred and the nonpreferred hands, demonstrating a mature pattern. S1.G4.16a
- Dribbles in general space, alternating hands while increasing and decreasing speed and demonstrating a mature pattern. S1.G4.16b
- Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed. S1.G4.17
- Passes and receives a ball with the insides of the feet to a moving partner in a non-dynamic environment. S1.G4.18a

- Passes and receives a ball with the outsides and insides of the feet to a stationary partner. S1.G4.18b
- Dribbles with hands or feet in combination with other skills. S1.G4.19
- Kicks along the ground and in the air and punts, demonstrating a mature pattern. S1.G4.20
- Volleys underhand using a mature pattern in a non-dynamic environment. S1.G4.21
- Volleys a ball with a two-hand overhead pattern, sending it upward, demonstrating most of the critical elements. S1.G4.22
- Strikes an object with a short-handled implement while demonstrating a mature pattern. S1.G4.23a
- Strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall. S1.G4.23b
- Catches a ball at different levels using a mature pattern in a non-dynamic environment while using a short-handled implement. S1.G4.24
- Strikes an object with a long-handled implement while demonstrating most of the critical elements. S1.G4.25
- Throws with a long-handled implement, demonstrating most of the critical elements, in a non-dynamic environment for distance and/or force. S1.G4.26
- Catches a ball at different levels off a wall, using most of the critical elements, with a long-handled implement. S1.G4.27
- Combines traveling with the manipulative skills of dribbling, throwing, catching, and striking in teacher-and/ or-student-designed small-sided practice-task environments. S1.G4.28
- Creates a jump-rope routine with either a short or a long rope. S1.G4.29

Standard 2: Concepts & Strategies

- Applies the concept of open spaces to combination skills involving traveling. S2.G4.1a
- Applies the concept of closing spaces in small-sided practice tasks. S2.G4.1b
- Dribbles in general space with changes in direction and speed. S2.G4.1c
- Combines movement concepts with skills in small-sided practice tasks, gymnastics, and dance environments. S2.G4.2
- Applies the movement concepts of speed, endurance, and pacing for running. S2.G4.3a
- Applies the concepts of direction and force when striking an object with a short-handled implement, sending it toward a designated target. S2.G4.3b
- Applies simple offensive strategies and tactics in chasing and fleeing activities. S2.G4.4a
- Applies simple defensive strategies and tactics in chasing and fleeing activities. S2.G4.4b
- Recognizes the types of kicks needed for different games and sports situations. S2.G4.4c

Standard 3: Health-Enhancing Level of Physical Activity and Fitness

- Analyzes opportunities for participating in physical activity outside physical education class. S3.G4.1
- Engages actively in the activities of physical education class, both teacher-directed and independent. S3.G4.2
- Identifies the components of health-related fitness. S3.G4.3a
- Demonstrates a warmup and cool-down relative to an aerobic capacity/cardiovascular endurance activity. S3.G4.3b
- Calculates heart rate per minute and records the results. S3.G4.3c
- Discusses and performs specific activities that show the FITT principle guidelines of type, intensity, and time. S3.G4.3d
- Completes pre and post- health-related fitness assessments. S3.G4.4a
- Identifies areas of needed remediation from the results of a personal test and with teacher assistance, identify strategies for progress in those areas. S3.G4.4b

Standard 4: Responsible Personal and Social Behavior

- Exhibits responsible behavior in independent group situations. S4.G4.1a
- Reflects on personal social behavior in physical activity. S4.G4.1b
- Explains how skills will develop over time with appropriate practice. S4.G4.1c
- Provides feedback to illustrate errors in a peer's skill performance. S4.G4.2
- Listens respectfully to corrective feedback from others. S4.G4.3
- Praises the movement performance of others both more skilled and less skilled. S4.G4.4a
- Includes players of all skill levels into the physical activity. S4.G4.4b
- Exhibits etiquette and adherence to rules in a variety of physical activities. S4.G4.5
- Works safely with peers in physical activity settings. S4.G4.6

Standard 5: Recognizes the Value of Physical Activity

- Examines the health benefits of participating in physical activity. S5.G4.1
- Rates the enjoyment of participating in challenging and mastered physical activities. S5.G4.2
- Ranks the enjoyment of participating in different physical activities. S5.G4.3
- Describes and compares the positive social interactions when engaged in partner, small-group, and large-group physical activities. S5.G4.4