

Physical Education



Grade 4

Standard 1: A physically educated student will acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits.

Basic Skills

1.1 Select, perform and refine simple locomotor sequences

1.2 Consistently and confidently perform locomotor skills and combinations of skills by using elements of body and space awareness, effort and relationships to a variety of stimuli to improve personal performance

1.3 Select, perform and refine simple nonlocomotor sequences

1.4 Consistently and confidently perform nonlocomotor skills and combinations of skills by using elements of body and space awareness, effort and relationships to a variety of stimuli to improve personal performance

1.5 Select, perform and refine ways to receive, retain and send an object with control

1.6 Consistently and confidently perform manipulative skills by using elements of body, space and awareness, effort and relationship

Application of Basic Skills

1.7 Select and perform and refine basic skills in a variety of environments and using various equipment; e.g., water safety

1.8 Select, perform and refine basic dance steps and patterns; e.g., creative, folk, line, sequence and novelty, alone and with others

1.9 Demonstrate a creative process to develop dance sequences alone and with others

1.10 Demonstrate critical thinking and problem solving skills to modify games to achieve activity outcomes

1.11 Demonstrate strategies and tactics that coordinate effort with others; e.g., team – to achieve a common activity goal

1.12 Select, perform and refine the basic skills in educational gymnastics; e.g., use of different body parts, types of effort, space and relationships to develop a sequence

1.13 Select, perform and refine basic skills in individual activities; e.g., cross country running

Standard 2: A physically educated student will understand, experience and appreciate the health benefits that result from physical activity.

Functional Fitness

- 2.1 Identify the nutritional needs related to physical activity
- 2.2 Demonstrate and describe ways to achieve a personal functional level of fitness through participation in physical activity
- 2.3 Experience movement involving the components of fitness

Body Image

- 2.4 Recognize and personally acknowledge individual and other attributes that contribute to physical activity

Well-being

- 2.5 Describe positive benefits gained from physical activity; e.g., physically, socially and emotionally
- 2.6 Demonstrate changes that take place in the body during physical activity
- 2.7 Understand the connections between physical activity, stress management and relaxation

Standard 3: A physically educated student will interact positively with others.

Communication

- 3.1 Articulate and demonstrate respectful communication skills appropriate to context

Fair Play

- 3.2 Identify and demonstrate etiquette and fair play

Leadership

- 3.3 Select and demonstrate responsibility for assigned roles while participating in physical activity and accept ideas from others that relate to changing or adapting movement experiences

Teamwork

- 3.4 Participate cooperatively in group activities
- 3.5 Identify and demonstrate positive behaviors that show respect for self and others

Standard 4: A physically educated student will assume responsibility to lead an active way of life.

Effort

- 4.1 Demonstrate a willingness to participate regularly in physical education class
- 4.2 Demonstrate factors that encourage movement

Safety

4.3 Follow rules, routines and procedures for safety in a variety of activities

4.4 Participate in and identify the benefits of safe warm-up and cool-down activities

4.5 Describe moving safely in various environments; e.g., gymnastics

Goal Setting/Personal Challenge

4.6 Set and achieve a long term goal to increase effort and participation in one area of physical activity

4.7 Demonstrate different ways to achieve an activity goal that is personally challenging

Active Living in the Community

4.8 Identify how people, facilities and communities influence physical activity

4.9 Make decisions to be active within group activities or individually