



Fourth Grade Essential Skills for Physical Education (PE)

September:

- I can follow with few reminders, activity specific rules, such as boundaries while showing good sportsmanship.
- I can throw an object to a target using correct form.

October:

- I can participate in several activities to improve my physical fitness components.
- I can utilize safety principles in activity situations such as throwing/kicking a football utilizing safe spacing.

November:

- I can show positive outward verbal and nonverbal signs while participating in physical activity.
- I can use critical elements of fundamental and specialized movement skills such as keep your eye on the ball until you kick it.

December:

- I can select and participate regularly in physical activities for the purpose of improving skill and health.
- I can identify the benefits of specific physical stretches that improve flexibility of certain muscle groups.

January:

- I can adapt a skill to a variety of situations that are unpredictable depending upon the environmental and activity.
- I can manipulate an object with accuracy and speed to perform a task such as bowling.

February:

- I can interact appropriately using positive comments and refrain from "put downs" while participating with peers during group activities.
- I can demonstrate beginning strategies for games and activities such as passing to an open teammate in handball or soccer.

March:

- I can improve my performance by practicing a variety of activities and accepting feedback from others.
- I can acquire beginning skills in a few specialized movement forms such as catching and throwing a Frisbee.

April:

- I can improve my endurance fitness level by engaging in an activity for a longer amount of time.
- I can work in small group or with a partner while encouraging others.

May:

- I can apply critical elements to improve personal performance in fundamental and selected specialized motor skills.
- I can recognize that running longer distances improves cardiovascular endurance.