



# FOURTH GRADE Learning Objectives for **Physical Education**



## **FITNESS**

### **The learner will**

- strengthen and stretch major muscle groups (leg, arm, shoulder, abdominal muscles, upper body, mid-body, lower body, lower back).
- increase flexibility.
- increase cardiovascular endurance.

## **MOVEMENT**

### **The learner will**

- explore personal and general space.
- explore space awareness with equipment.
- identify boundaries.
- explore directions, pathways, patterns.
- explore levels.
- explore body shape.
- develop control over speed (agility) and direction.
- use movements in inventive and expressive way.
- explore effort awareness (time, weight, space, flow).
- increase body awareness (left/right, body parts, making shapes, transferring weight).
- run.
- hop.
- jump.
- gallop.
- crawl.
- roll.
- skip.
- slide.
- leap.
- side-step.
- dodge.
- fake.
- bend.
- push.
- pull.
- twist.
- fall.
- lift.
- rock.

## **GYMNASTICS**

### **The learner will demonstrate competence in**

- climbing.
- hanging.
- swinging.
- balancing.
- balancing while moving.
- springing and landing.
- falling and landing.
- doing a headstand.
- doing a forward roll.
- doing a backward roll.
- doing a cartwheel.



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## **RHYTHM AND DANCE (TO MUSIC OR BEAT)**

### **The learner will**

- develop patterns.
- identify even and uneven rhythms.
- sequence steps and movements.
- move rhythmically in different pathways, directions and levels.
- explore rhythm, body, effort and space awareness.
- explore rhythm and tempo.
- explore rhythm and energy.
- introduce novelty dances, folk and square dance.

## **GAME SKILLS**

### **The learner will demonstrate competence in**

- jumping.
- twirling.
- spinning/rolling.
- tossing/catching.
- back-skipping.
- Hula hooping.
- tossing and catching 3 scarves.
- juggling 3 bean bags.

## **BALL SKILLS**

### **The learner will**

- practice skills for playing soccer.
- control dribbling, inside and outside of foot.
- pass with follow through and accuracy.
- pass with inside of foot.
- trap with inside of foot.
- trap with sole of foot.
- use instep and toe kicks.
- use tackling technique.
- punt kick.
- goal keep.
- volley kick.
- use advanced footwork.
- practice skills for playing baseball.
- throw and catch.
- use a mitt.
- throw overhand.
- pitch underhand.
- field grounders.
- field fly balls.
- run bases.
- catch.
- bat.
- practice skills for playing basketball.
- dribble with one hand.
- dribble with right/left hand.
- bounce pass.
- perform two-handed chest passes.
- perform overhand shooting.
- perform lay-ups.



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## **BALL SKILLS**

**The learner will**

- perform free throws.
- play defense.

## **ROPE SKILLS**

**The learner will demonstrate competence in**

- long rope jumping.
- entering and exiting.
- short rope jumping.
- different jumping patterns.
- one rope.
- partner jumping.

## **PARACHUTE**

**The learner will demonstrate competence in**

- inflation techniques plus movement.
- balls/bean bag bounce.
- low organized games.
- rhythmical activities, sequence building routines/dances.

## **HOCKEY**

**The learner will demonstrate competence in**

- stick handling, carrying, dribbling.
- passing, shooting, receiving, visual tracking.
- facing off.
- goaltending.
- defense.

## **TRACK AND FIELD**

**The learner will demonstrate competence in**

- training runs.
- striding.
- standing start.
- sprinting.
- wind sprints.
- standing long jump.
- running long jump.

## **TEAM SPORTS**

**The learner will demonstrate competence in**

- low organized games.
- relays.
- sportsmanship.



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## **TEAM SPORTS**

The learner will demonstrate competence in

- teamwork.
- rules and strategies for basketball, soccer, hockey, tee-ball, softball, volleyball, cricket, Frisbee and flag football.