

Fourth Grade Physical Education Expectations

I can...

Demonstrates Motor Skills and Movement Patterns

1. demonstrate a hop, skip, gallop, slide, run, jog, and walk during a game.
2. throw, catch and dribble correctly.
3. demonstrate skills by using balls, jump ropes, cups, scarves, and rackets during an activity.



Movement Concepts

1. play by the rules of a game.
2. tell the teacher I need 60 minutes of activity daily to be healthy.
3. tell the teacher at least three ways exercise helps my body.
4. identify activities that make my heart and body stronger and more flexible.

Physical Fitness

1. stay in the healthy fitness zone on Fitnessgram in tested area.
- 2a. identify activities that make my heart and body stronger, and more flexible.
- 2b. participate in activities that make my heart and body stronger and more flexible.

Values and Participates in Physical Activity

1. participate in all activities in PE class to stay healthy.
2. show good sportsmanship by playing fair and by the rules.