

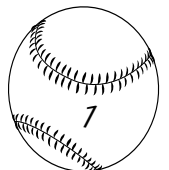
Fourth Grade

Movement Skills and Movement Knowledge

Understand rhythmic activities and engage in activities that result in the development of muscular strength and endurance.

Quality Indicators:

- Progress toward accuracy in throwing, catching, striking, kicking, dribbling, and passing.
- Include specific rhythmic dances.
- Learn the difference between aerobic exercises that provide cardiorespiratory benefits and those that do not.
- Describe local opportunities in movement relative activities.
- Explain FIT principals for muscular strength and muscular endurance.
- Participate in a wide variety of muscular strength and muscular endurance activities.
- Practice striking with hands using whole and/or part of the hand.
- Demonstrate the correct technique for dribbling and volleying.
- Practice striking with feet using part and/or the whole.
- Demonstrate the correct technique for foot dribbling, kicking, trapping, and foot bag skills.
- Practice stunts/tumbling using part of or the whole body.
- Demonstrate the correct technique for batting, striking with hockey sticks and striking with paddles.
- Explain the difference between skills and knowledge they perform now and the ones they did in kindergarten.
- Recognize and apply concepts that impact the quality of increasingly complex movement performance.



Social Development

Work cooperatively with partners and small groups.

Quality Indicators:

- Learn to cope with conflicts and practice conflict resolution skills.
- Participate in activities of national, cultural, and ethical origins.
- Become acquainted with team members.
- Value and respect the rights of others and their property.
- Recognize the fundamental strategies in simple games.
- Follow, with few reminders, activity-specific rules, procedures, and etiquette.
- Utilize safety principles in activity situations.

Self Image

Develop a healthy lifestyle, a wholesome attitude toward victory and defeat, the ability to cope with success and failure, and an appreciation of personal uniqueness.

Quality Indicators:

- Become aware of the similarities and differences between themselves and others.
- Develop a wholesome attitude toward victory and defeat.
- Begin to develop an appreciation of different styles of movement and the uniqueness of movement in various cultures begins to occur.
- Regularly participate in physical activity for the purpose of developing a healthy lifestyle.

