

Physical Education Fourth Grade

Realizing the choices you make with your body matter

Health-related components of physical activity

personal health status and performance

principles of physical fitness

exercises to increase each component

effects on everyday activities

Safe participation

benefits and risks of following or not following rules

water and food

safety equipment and attire

form

Peer and self assessment for refinement

critical elements of movement

before and after physical activity

heart rate

water intake

Mature movement

skills directed at moving target

skill-related components

similarities and differences of skills

adaptation to changing conditions

smooth, rhythmic, repeatable sequences

weight transfer of large muscle groups

KEY:

- Unifying Theme
- Organizing Concept
- Supporting Concept
- Explicit Connection
- Supporting Connection

ICON KEY: Prepared Graduate Competencies

- Movement Competence
- Movement Understanding
- Regular Physical Activity
- Physical Fitness
- Emotional and Social Wellness
- Safety