



JC Schools 4th Grade PE Yearly Standards

Unit	Priority Standards	Supporting Standards
Unit 1 Movement Concepts (Personal Space, Boundaries, Levels/Pathways, Effort, Body Awareness)	S2.E2.4 Combines movement concepts with skills in small-sided practice tasks, gymnastics and dance environments.	S1.E6.4 Combines traveling with manipulative skills of dribbling, throwing, catching, and striking in teacher- and/or student-designed small-sided practice tasks. S1.E11.4 Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a partner. S1.E12.4 Combines traveling with balance and weight transfers to create a gymnastics sequence with and without equipment or apparatus. S2.E1.4a Safely applies the concept of general space to combination skills involving traveling (e.g., dribbling and traveling). S2.E1.4c Dribbles in general space with changes in direction and speed. S2.E3.4a Applies the movement concepts of speed, endurance and pacing for various locomotor movements (e.g. Running)

		<p>S2.E3.4b Applies the concepts of direction and force in various activities (e.g. when striking an object with a short-handled implement, sending it toward a designated target).</p> <p>S2.E5.4.MO Applies simple offensive and defensive strategies and tactics in complex and changing game-like situations.</p> <p>S2.E5.4c Recognizes the types of skills needed for different games and sports situations (e.g.Kicks, throws).</p>
<p>Unit 2</p> <p>Locomotor and Non-Locomotor Skills</p>	<p>S1.E1.4 Uses various locomotor skills <i>and non-locomotor</i> in a variety of small- sided practice tasks, dance and educational gymnastics experiences.</p>	<p>S1.E2.4 Runs for distance using a mature pattern.</p> <p>S1.E6.4 Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small-sided practice tasks.</p> <p>S1.E7.4 Balances on different bases of support on apparatus, demonstrating levels and shapes.</p> <p>S1.E8.4 Transfers weight from feet to hands, varying speed and using large extensions (e.g., mule kick, handstand, cartwheel).</p> <p>S1.E10.4 Moves into and out of balances on apparatus with curling, twisting & stretching actions.</p> <p>S1.E11.4 Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a partner.</p>

		<p>S2.E1.4a Safely applies the concept of general space to combination skills involving traveling (e.g., dribbling and traveling).</p> <p>S2.E1.4c Dribbles in general space with changes in direction and speed.</p> <p>S2.E3.4a Applies the movement concepts of speed, endurance and pacing for various locomotor movement (e.g. Running)</p>
<p>Unit 3</p> <p>Fitness Concepts</p> <p><i>Fitnessgram testing should be completed a second time during the year for post-testing</i></p>	<p>S3.E3.4 Identifies the components of health-related fitness and recognize activities that contribute to the development of each component.</p> <p>4.PE.LO.01 Performs the health-related fitness assessments.</p>	<p>S3.E1.4.MO6 Explain positive outcomes for being physically active.</p> <p>S3.E1.4.MO7 Identify short-term and long-term benefits of moderate and vigorous physical activity, such as improving cardiovascular health, strength, endurance, and flexibility and reducing the risks for chronic diseases.</p> <p>S3.E4.4 Demonstrates warm-up & cool- down relative to the cardio-respiratory fitness assessment.</p> <p>S3.E5.4b Identifies areas of needed remediation from personal test and, with teacher assistance, identifies strategies for progress in those areas.</p>
<p>Unit 4</p> <p>Manipulative Skills - <i>Ball Skills</i></p>	<p>S1.E13.5a Throws underhand using mature pattern in non- dynamic environments (closed skills), with different sizes and types of objects.</p> <p>S1.E14.4a</p>	<p>S1.E6.4 Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small-sided practice tasks.</p> <p>S1.E15.4</p>

(Underhand throwing, overhand throwing, and catching)	<p>Throws overhand using a mature pattern in non- dynamic environments (closed skills).</p> <p>S1.E16.4 Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a non-dynamic environment. (closed skills).</p>	<p>Throws to a moving partner with reasonable accuracy in a non-dynamic environment (closed skills).</p> <p>S1.E14.4b Throws overhand to a partner or at a target with accuracy at a reasonable distance.</p>
<p>Unit 5</p> <p>Manipulative Skills - <i>Bounce Exploration</i></p>	<p>S1.E17.4a Dribbles in self- space with both the preferred and non-preferred hands using a mature pattern.</p> <p>S1.E17.4b Dribbles in general space with control of ball and body while increasing and decreasing speed.</p>	<p>S1.E6.4 Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small-sided practice tasks.</p> <p>S1.E20.4 Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting).</p> <p>S1.E20.4.MO1 Dribbles, then passes a ball to a moving receiver.</p> <p>S1.E20.4.MO2 Hand dribble and foot dribble a ball while changing directions and changing from foot to foot and hand to hand.</p>
<p>Unit 6</p> <p>Manipulative Skills - <i>Foot Exploration</i></p>	<p>S1.E20.4 Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting).</p>	<p>S1.E6.4 Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small-sided practice tasks.</p> <p>S1.E18.4 Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed.</p> <p>S1.E19.4b Passes & receives a ball with the outsides and insides of the feet to a stationary partner, “giving” on reception before returning the pass.</p> <p>S1.E20.4.MO1</p>

		<p>Dribbles, then passes a ball to a moving receiver.</p> <p>S1.E20.4.MO2 Hand dribble and foot dribble a ball while changing directions and changing from foot to foot and hand to hand.</p> <p>S1.E21.4 Kicks a ground ball, a lofted ball, and punts using mature patterns.</p>
<p>Unit 7</p> <p>Manipulative Skills - <i>Volleying</i></p>	<p>S1.E22.4 Strikes/volleys underhand using a mature pattern, in a dynamic environment (e.g., 2 square, 4 square, handball).</p> <p>S1.E23.4 Strikes/volleys a ball with a 2-hand overhead pattern, sending it upward, demonstrating 4 of the 5 critical elements of a mature pattern.</p>	<p>S1.E6.4 Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small-sided practice tasks.</p> <p>S1.E23.4.MO In a small group, keep an object (ball, foot bag) continuously in the air without catching it.</p> <p>S2.E3.4b Applies the concepts of direction and force in various activities (e.g. when striking an object with a short-handled implement, sending it toward a designated target).</p>
<p>Unit 8</p> <p>Manipulative Skills - <i>Striking with Implements</i></p>	<p>S1.E24.4a Strikes an object with a short- handled implement while demonstrating a mature pattern.</p> <p>S1.E25.4 Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis racket, badminton racket), while demonstrating 3 of the 5 critical elements of a mature pattern for the implement (grip, stance, body orientation, swing plane and follow- through).</p>	<p>S1.E6.4 Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small-sided practice tasks.</p> <p>S1.E24.4b Strikes an object with a short handled implement, alternating hits a partner over a low net or against a wall.</p> <p>S1.E24.4.MO Continuously strike a ball to a wall or a partner with a paddle, using forehand and backhand strokes.</p> <p>S2.E3.4b Applies the concepts of direction and force in various</p>

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