

4th GRADE

S1.E14.4 Manipulative Skills: Overhand Throwing

- *OVERHAND THROWING CHECKLIST*
 1. Side to target in preparation for throwing action
 2. Arm back and extended and elbow at shoulder height or slightly above in preparation for action; elbow leads
 3. Step with opposite foot as throwing arm moves forward
 4. Hip and spine rotate as throwing action is executed
 5. Follow through toward target and across body

ASSESSMENT

- 1-Novice: The student performs 2 or less cues with inconsistency.
- 2-Partially Proficient: The student can always perform 3-4 cues on a consistent basis.
- 3-Proficient: The student can almost always perform all 5 cues on a consistent basis.
- 4-Advanced: The student always performs all 5 cues with fluency.

S1.E16.4 Manipulative Skills: Catches a thrown ball above head/@chest & below waist in a mature form

- *CATCHING CHECKLIST*
 1. Extend arms outward to reach for ball (Thumbs in for catch above waist/Thumbs out for catch at or below waist)
 2. Watch the ball all the way into the hands
 3. Catch with hands only; no cradling against the body
 4. Pull the ball into the body as the catch is made
 5. Curl the body slightly around the ball

ASSESSMENT

- 1-Novice: The student performs 2 or less cues with inconsistency.
- 2-Partially Proficient: The student can always perform 3-4 cues on a consistent basis.
- 3-Proficient: The student can almost always perform all 5 cues on a consistent basis.
- 4-Advanced: The student always performs all 5 cues with fluency.

S3.E2:4 Engages in Physical Activity

Actively engages in all the activities of physical education.

- 1-Novice: Student rarely begins an activity once it starts, participates independently throughout the activity, gives best effort, and easily adapts to new tasks and challenges.
- 2-Partially Proficient: Student sometimes begins an activity once it starts, participates independently throughout the activity, gives best effort, and easily adapts to new tasks and challenges.
- 3-Proficient: Almost always begins an activity once it starts, participates independently throughout the activity, gives best effort and adapts to new tasks and challenges.
- 4-Advanced: Always begins an activity once it starts, participates independently throughout the activity, gives best effort, and easily adapts to new tasks and challenges.

S3.E3.4 Fitness Knowledge: Identifies the components of health-related fitness.

1. Cardio Respiratory Endurance: It is also known as aerobic fitness. It involves performing exercise at a moderate level of intensity for an extended period. We do the Mile Run and Pacer assessments when fitness testing in PE.
2. Muscular Strength: is defined as the maximum amount of force that a muscle can exert against some form of resistance in a single effort. We do the Push Up and Pull Up assessments when fitness testing in PE.
3. Muscular Endurance: is the ability of a muscle or group of muscles to repeatedly exert force against resistance. Performing multiple repetitions of an exercise is a form of muscular endurance. We do the Curl Ups and Flexed Arm Hang assessments when fitness testing in PE.
4. Flexibility: refers to the absolute range of movement in a joint or series of joints, and length in muscles that cross the joints to induce a bending movement or motion. We do the Sit & Reach assessment when fitness testing in PE.
5. Body Composition: refers to the proportion of fat and fat-free (bone, water, muscle) mass in the body. We measure height and weight when fitness testing in PE.

ASSESSMENT

- 1-Novice: The student scores 2 or less on the assessment
- 2-Partially Proficient: The student scores 3 on the assessment
- 3-Proficient: The student scores 4 on the assessment
- 4-Advanced: The student scores 5 on the assessment

S4.E4.4 Working With Others

ASSESSMENT

- 1-Novice: Student rarely accepts, recognizes and actively involves classmates into physical activities and group projects.
- 2-Partially Proficient: Student sometimes accepts, recognizes and actively involves classmates into physical activities and group projects.
- 3-Proficient: Student almost always accepts, recognizes and actively involves classmates into physical activities and group projects.
- 4-Advanced: Student always accepts, recognizes and actively involves all classmates into physical activities and group projects.

S4.E5.4 Rules & Etiquette

ASSESSMENT

- 1-Novice: Rarely exhibits classroom procedures and adherence to rules in a variety of physical activities.
- 2- Partially Proficient: Sometimes exhibits classroom procedures and adherence to rules in a variety of physical activities.
- 3-Proficient: Almost always exhibits classroom procedures and adherence to rules in a variety of physical activities.
- 4-Advanced: Always exhibits classroom procedures and adherence to rules in a variety of physical activities.

S4.E6.4 Safety

ASSESSMENT

- 1-Novice: Rarely works safely with peers and equipment in physical activity settings.
- 2-Partially Proficient: Sometimes works safely with peers and equipment in physical activity settings.
- 3-Proficient: Almost always works safely with peers and equipment in physical activity settings.
- 4-Advanced: Always works safely with peers and equipment in physical activity settings.