

Kentucky Academic Standards for Physical Education

Grade 4

Standard 1: Demonstrate competency in a variety of motor skills and movement patterns.	
Practices for Movement Competency: Physically literate individuals practice skills for achieving competency and confidence in a variety of physical activities. These performance indicators focus on identifying skills that will help students effectively engage in lifelong physical activities.	
Performance Indicators	
Locomotor	4.1.L1. Perform different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels, using different pathways and traveling in different directions.
Non-Locomotor	4.1.NL1. Apply non-locomotor skills in various activities, using a variety of body parts and shapes, at different levels, individually and with partners and equipment.
Body Management	4.1.BM1. Perform a variety of controlled transitions between balances with partners. 4.1.BM2. Transfer weight to different body parts at varying speeds, with and without equipment.
Manipulative Skills	4.1.MS1. Apply manipulative skills with a partner, using a variety of objects, while demonstrating appropriate performance cues. <i>*See Tables 1 and 2.</i>
Standard 2: Apply knowledge of concepts, principles, strategies and tactics to movement and performance.	
Application of Performance: Physically literate individuals understand the purpose of movement through performance. These performance indicators focus on quality of movement that enhances physical activity experiences critical to their development and long-term success as healthy and productive citizens.	
Performance Indicators	
Space	4.2.SP1. Combine spatial concepts with combination movements for small group activities in a variety of environments.
Speed, Direction and Force	4.2.SD1. Apply speed, endurance and force in activities and game-like situations.
Strategy	4.2.ST1. Apply basic offensive and defensive strategies and tactics in a variety of activities.
Standard 3: Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	
Demonstrate a Health-Enhancing Level of Physical Activity: Physically literate individuals understand the benefits and implications of lifelong physical activity to improve their quality of life. Understanding one's overall physical health and fitness status provides the basis for personal responsibility. These performance indicators focus on empowering students to commit to being lifelong physically active individuals.	

Performance Indicators	
Physical Activity Knowledge	4.3.PA1. Identify factors that motivate daily participation in physical activity.
Physical Fitness Knowledge	4.3.PF1. Record physical activity minutes inside and outside of school to determine progress toward daily recommendation. 4.3.PF2. Identify physical activities that improve the components of health related fitness.
Nutrition	4.3.N1. Discuss the importance of hydration choices relative to physical activities.
Standard 4: Demonstrate responsible personal and social behavior that exhibits respect for self and others.	
Demonstrate Personal and Social Behavior: Physically literate individuals respect themselves and others in physical activity settings. These performance indicators focus on the positive development of personal, responsible and social behaviors that are demonstrated through sportsmanship, etiquette, safety, teamwork, cooperation and conflict resolution skills.	
Performance Indicators	
Social Interactions/Working with Others	4.4.SW1. Encourage and accept all peers in a variety of physical activities.
Rules and Etiquette	4.4.RE1. Recognize and follow the established rules, protocols and etiquette in physical education.
Safety	4.4.SA1. Follow teacher directions for safe participation and proper use of equipment, independently and with others.
Standard 5: Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.	
Demonstrate Value of Physical Activity: Physically literate individuals value physical activity and its contribution to a healthy lifestyle. These performance indicators focus on an active lifestyle as a vehicle for enjoyment, advocacy, challenge and social interaction of a healthy community.	
Performance Indicators	
Health	4.5.H1. Compare the health benefits of various physical activities.
Challenge	4.5.C1. Rate the enjoyment of participating in challenging and mastered physical activities.
Self-Expression and Enjoyment	4.5.SE1. Rank the enjoyment of participating in various physical activities.
Social Interaction	4.5.SI1. Compare positive social interactions when engaged in a variety of physical activities.
Advocacy	4.5.A1. Examine personal beliefs that may encourage others to be physically active.