

I can demonstrate
correct technique
while hopping,
galloping, running,
sliding, skipping, and
leaping.

I can demonstrate
correct jumping and
landing technique
while performing a
long jump and a full
turn jump.

I can demonstrate
intermediate balancing to
include equipment, cross
lateralization using a
variety of coordination
skills, and sequencing of
four skills with repetition.

Fourth Grade b.1.C

I can spin and roll
with control at
different levels,
speeds, and positions
with manipulatives.

I can transfer
body weight over,
under, and on
equipment with
good control.

I can move into and out of various combinations of bending, stretching, twisting, curling, pushing, pulling, and swaying in a variety of activities.

I can practice the key elements of manipulative skills, including eye on target, follow-through, body weight transfer, and body position, during dynamic activities.

I can practice the
key elements of
catching a ball at a
variety of levels
above and below the
waist.

I can demonstrate key elements of hand dribbling with dominant and non-dominant hand while changing both speed and direction.

I can dribble a ball
with control
alternating feet
while changing both
speed and direction
with a partner.

I can identify and demonstrate the key elements in kicking patterns, including body position, weight transfer, and follow-through.

I can demonstrate
correct technique in
underhand and
overhead volleying to
a wall, net, or
partner.

I can demonstrate
correct technique when
striking an object with
a hand or short- or
long-handled implement
with a partner.

I can jump a self-
turned rope using
a variety of
intermediate
skills.

I can demonstrate
entering and exiting
a turned long rope
using intermediate
jumping skills.

I can demonstrate
the appropriate use
of open space and
closing space during
dynamic activities.

I can demonstrate appropriate use of pathways and levels during dynamic activities and leadup games.

I can apply speed,
direction, and
force during
dynamic activities
and lead-up games.

Fourth Grade b.4.C

I can demonstrate
competency in
rhythmic activities
and rhythmic
combinations.

I can explain
fundamental
components and
strategies of
dynamic activities
and lead-up games.

Fourth Grade b.6.A

I can practice and demonstrate specific movement skills in designated dynamic activities and lead-up games with a partner or a small group.

I can exhibit
appropriate sporting
behavior during
independent games
and activities.

I can demonstrate
competency in
outdoor and
recreational
pursuits.

I can describe the benefits of regular physical activity on overall health and wellness.

I can demonstrate
frequency and
intensity during
endurance
activities.

I can identify and demonstrate the components of health- and skill-related fitness.

I can develop
personal fitness
goals for health-
related fitness.

Fourth Grade b.9.A

I can track
progress and
analyze data for
health-related
fitness activities.

Fourth Grade b.9.B

I can examine the
relationship
between nutrition
and optimal physical
performance.

I can explain the importance of proper hydration before, during, and after physical activity.

I can work independently to select proper attire and safety equipment that promote safe participation and prevent injury in dynamic activities and lead-up games.

I can apply correct safety precautions, including pedestrian, water, sun, cycling, skating, and scooter safety.

I can accept and
take responsibility
for personal
actions that affect
myself and others.

I can demonstrate
respect for
differences and
similarities in
abilities of myself
and others.

I can demonstrate self-management skills to control personal impulses and emotions during dynamic activities and lead-up games.

Fourth Grade b.12.C

I can discuss ways to resolve conflict in socially acceptable ways and respond to winning and losing with dignity and understanding.

I can identify
effective
communication to
enhance healthy
interactions while
settling disagreements.

I can
demonstrate
respect for the
feelings of
others.

I can
persevere while
addressing
challenges.

I can accept
and provide
constructive
feedback.

I can differentiate among types of and participate in moderate to vigorous physical activities for a sustained period of time on a regular basis using technology when available.

I can participate in a variety of physical activities in the school and community for personal enjoyment.

Fourth Grade b.16.B