

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.

Fourth Grade b.1.B

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

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.

Fourth Grade b.3.F

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.

Fourth Grade b.4.B

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

I can  
demonstrate  
competency in  
rhythmic  
activities and  
rhythmic  
combinations.

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

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

Fourth Grade b.6.B

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.

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

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

Fourth Grade b.10.A

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.

Fourth Grade b.11.A

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.

Fourth Grade b.13.C

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.