

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.

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.

Fourth Grade b.2.A

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.

Fourth Grade b.3.A

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.

Fourth Grade b.3.C

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

Fourth Grade b.3.D

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.

Fourth Grade b.3.G

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

Fourth Grade b.3.H

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.

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

I can demonstrate  
competency in  
outdoor and  
recreational pursuits.

Fourth Grade b.7

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



I can demonstrate  
frequency and  
intensity during  
endurance activities.

Fourth Grade b.8.B

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.

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.

Fourth Grade b.11.A

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

Fourth Grade b.11.B



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.

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.

Fourth Grade b.13.B

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