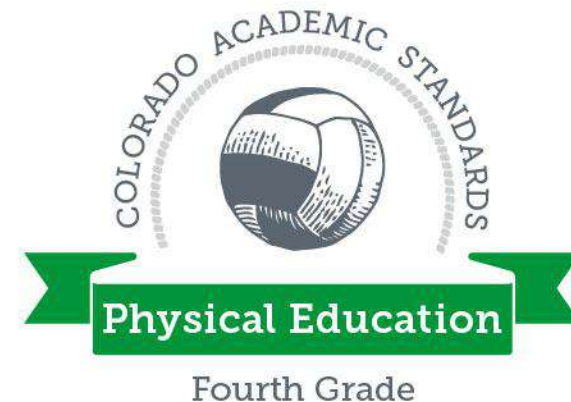


# A Guide to the Colorado Academic Standards



## Working Together

To support families and teachers in realizing the goals of the Colorado Academic Standards, this guide provides an overview of the learning expectations for Fourth Grade Physical Education. This guide offers some learning experiences students may engage in during this school year, experiences that may also be supported at home.

## Why Standards?

Created by Coloradans for Colorado students, the Colorado Academic Standards provide a grade-by-grade road map to help ensure students are successful in college, careers, and life. The standards aim to improve what students learn and how they learn in ten content areas – emphasizing critical-thinking, creativity, problem solving, collaboration, and communication as important life skills in the 21st century.

## Physical Education for Elementary Schools (k-5)

The Physical Education standards in the elementary years focus on enhancing health-related components of fitness and skill-related components of fitness and personal activity. In each grade, the standards ask students to demonstrate various movement concepts, assess personal behaviors, connect fitness development to body systems, and utilize safety procedures during physical activities.

## Where can I learn more?

- Contact your school district regarding local decisions related to standards, curriculum, resources, and instruction.
- Colorado Academic Standards Booklets: <http://www.cde.state.co.us/standardsandinstruction/GradeLevelBooks.asp>
- Phyllis Reed, Comprehensive Health at 720-498-2059, [Reed\\_p@cde.state.co.us](mailto:Reed_p@cde.state.co.us)



**COLORADO**  
Department of Education

**Colorado PTA**  
everychild. onevoice.

At the end of  
Fourth Grade,  
students can...



## Physical Education Learning Expectations for Fourth Grade

### Movement Competence and Understanding

Identify the major characteristics of mature locomotor skills (walking, running, skipping) nonlocomotor skills (twisting, stretching, bending) manipulative skills (catching, throwing, striking) and rhythmic skills (dancing, jumping rope, hula hoops); provide feedback using the vocabulary of mature locomotor and manipulative skills.

### Physical and Personal Wellness

Explain how fitness affects performance when in physical activities; recognize the relationship between healthy nutrition and exercise; recognize the benefits of consistent, moderate, and vigorous physical activity.

### Prevention and Risk Management

Identify and describe the benefits, risks, and safety factors associated with participation in physical activity.

## Throughout the Fourth Grade, you may find students...

- Dribbling and passing an object such as a basketball or soccer ball to a moving receiver; using a variety of manipulatives to throw to a moving target.
- Developing and refining a gymnastics sequence (tumbling, leaping, hand stands); transferring weight from feet to hands at fast and slow speeds using large extensions (handstands, cartwheels).
- Demonstrating agility, balance, coordination, power, speed, and reaction time in a variety of physical activities; identifying critical elements of movement skills.
- Demonstrating balance and control on a variety of objects (balance board, balance beam, skates).
- Explaining key principles of physical fitness (overload, progression, specificity, frequency, intensity, time, type); demonstrating an exercise that positively impacts each component of health-related physical activity.
- Measuring personal heart rate before, during, and after moderate to vigorous exercise.
- Identifying healthy choices for meals and snacks that help to improve physical performance; identifying proper safety equipment for various physical activities (helmets, equipment padding, footwear, clothing).

