

PHYSICAL EDUCATION LEARNING EXPECTATIONS
GRADES THREE AND FOUR

I. SKILL ACQUISITION AND DEVELOPMENT

A. During third and fourth grade, students will demonstrate competency in many movement forms and proficiency in a few movement forms.

They will be able to:

- Throw, catch and kick using appropriate form
- Dribble and pass a ball to a moving receiver
- Balance with control on a variety of objects
- Develop and refine a dance sequence into a repeatable pattern
- Jump and land for height and distance using appropriate form
- Demonstrate appropriate form in all locomotor patterns and selected manipulative and non locomotor skills (gesturing patterns)
- Adapt a skill to the demands of a dynamic, unpredictable environment
- Acquire beginning skill of a few specialized movement forms
- Combine movements in applied settings
- Demonstrate body control in traveling, weight bearing and balance activities
- Discover the five ways of getting off the floor (hop, jump, leap, one foot to two and two feet to one)
- Perform movements with directness and flexibility
- Perform twists and turns

B. During third and fourth grade, students will apply movement concepts and principles to the learning and development of motor skills.

They will be able to:

- Transfer weight from feet to hands with suddenness and sustainment using large extensions and body shapes (e g, mule kick, handstand, cartwheel)
- Accurately recognize the critical elements of a throw made by a fellow student and provide quality feedback
- Consistently strike a softly thrown ball with a bat or paddle while demonstrating an appropriate grip
- Describe how practice improves performance

- Use critical elements of fundamental and specialized movement skills to provide feedback to others
- Recognize and apply concepts that impact the quality and safety of increasingly complex movement principles
- Apply patterns to dance
- Improve the overhand throw, kicking and hitting patterns for distance and accuracy

II. FITNESS

A. During third and fourth grade, students will develop the ability to achieve and maintain a health enhancing level of physical fitness.

They will be able to:

- Improve skills and health through regular participation in physical activity
- Participate in a particular activity on a regular basis (formally or informally)
- Develop strength and endurance through appropriate physical activity
- Maintain continuous aerobic activity for a specified time/or activity while developing the concept of pacing
- Support, lift, and control body weight in a variety of ways
- Participate in several moderate to vigorous physical activities that provide personal pleasure
- Meet the expectations of their personal fitness program as agreed to by each student and the physical education teacher
- Perform transitions of opposite effort element combinations

B. During the third and fourth grade, students will develop an awareness of participation in physical activity as a personal choice for health-related benefits.

They will be able to:

- Select and participate regularly in physical activities for the purpose of improving skill and health
- Describe healthful benefits that result from regular and appropriate participation in physical activity
- Begin to become aware of increased formal participation in physical activities in the community

- Identify the components of health-related physical fitness and corresponding suitable activities
- Associate results of personalized fitness testing to health status

III. SOCIAL AND PERSONAL DEVELOPMENT

A. During third and fourth grade, students will learn to promote inclusion and an appreciation of the abilities, differences and cultural diversity of people.

They will be able to:

- Distinguish differences and similarities in others' choice of physical activities
- Indicate respect for persons from different backgrounds and the cultural significance they attribute to various games, and other physical activities
- Demonstrate acceptance of skills and abilities of others through verbal and non-verbal behavior
- Explore cultural/ethnic self-awareness through participation in physical activity
- Describe the attributes that individuals with differences can bring to activities of a group nature
- Describe differences and similarities experienced among people of different backgrounds
- Create inclusive activities which enhance the strengths of each individual
- Give direction and take leadership roles during activity and sport
- Solve movement/game problems as individuals and as a group

B. During third and fourth grade, students will be provided with opportunities for enjoyment, challenge, self-expression, reflection and social interaction.

They will be able to:

- Express positive feelings as a result of involvement in physical activity
- Celebrate personal successes and achievements, as well as those of others
- Practice activities which increase physical ability and articulate their feelings
- Cooperate with others while participating in group activities
- Express one's self in a group movement/dance

C. During the third and fourth grade, students will develop and achieve personal living skills and acquire values that demonstrate responsible personal and social behavior.

They will be able to:

- Follow, with few reminders, specified rules, procedures, etiquette, and safety practices
- Teach an activity or skill to two other students
- Work productively with a partner while practicing the overhand throw, kicking and hitting patterns for distance and accuracy
- Accept the teacher's decision regarding a personal rule infraction without displaying negative reactions toward teachers, others, or self
- Assess one's performance problems in taking responsibility without blaming others
- Become a responsible and creative member of the class
- Work cooperatively and productively with a partner or a small group
- Work independently and on-task for short periods of time

OUTCOME STANDARDS

Work Effectively Both Independently & with Others
Apply Problem Solving Skills
Demonstrate Knowledge & Skills for Healthy, Productive Lives
Demonstrate Skills Essential for Succeeding in Academic and Applied Situations

A Physically Literate Person

has learned skills necessary to perform a variety of physical activities.
does participate regularly in physical activity
is physically fit
knows the implications of and the benefits from involvement in physical activities
values physical activity and its contributions to a healthful lifestyle

References

National Association of Sport and Physical Education, **Moving into the Future: National Standards for Physical Education**, 2nd Edition (2004).

SHAPE AMERICA- Society of Health and Physical Educators, **National Standards and Grade-Level Outcomes for K-12 Physical Education**, 2014.