



Grade 4 PE Expectations

Efficiency of Human Movement and Performance

1. Personal Fitness and Healthy Active Living

A. Health-related and Skill-related Fitness

1. Name the components of health-related fitness (cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition)
2. Set personal fitness goals

B. Wellness

3. Identify food choice and how it relates to a healthy lifestyle (e.g., fruits, protein, dairy, energy-in, energy-out)
4. Identify one activity designed to help reduce stress (e.g., aerobics, deep breathing)

C. Fitness Principles

5. Identify the differences between anaerobic and aerobic activities (e.g., sprint vs. 15-minute jog)

D. Body Systems

6. Recognize what systems work together to move your body (e.g., muscular and skeletal)

Physical Activity and Lifetime Wellness

2. Sport Skills and Lifetime Activities

A. Skill Techniques

7. Identify the proper techniques of specialized skills (e.g., law of opposition)

D. Specialized Activities

8. *Demonstrate competence in basic swimming strokes and safety skills in, on and around the water when facilities allow and is district approved (e.g., first-aid, water patrol, boater safety)