



Grade 4 PE Expectations

Efficiency of Human Movement and Performance

3. Injury Prevention, Treatment and Rehabilitation

A. Prevention

1. Identify safe and unsafe situations and respond appropriately

Physical Activity and Lifetime Wellness

2. Sport Skills and Lifetime Activities

A. Skill Techniques

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

D. Specialized Activities

3. *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)