

FOURTH GRADE PHYSICAL EDUCATION MONITORING SHEET

- Tri. P.4.1** The student will refine movement skills and demonstrate the ability to combine them in increasingly complex movement activities
- ___ P.4.1.a Demonstrate proficiency in specialized locomotor, non-locomotor, and manipulative skill combinations in game and modified sports activities
- _____ throw to a partner while he/she runs to catch
 - _____ dribble and pass soccer ball/basketball to a moving receiver
 - _____ catch thrown objects
 - _____ continuously strike a ball against a backboard or wall with an implement
- ___ P.4.1.b Demonstrate moving to a rhythm
- _____ perform a variety of educational dances with different international and regional American formations
 - _____ create educational dances
 - _____ combining shapes, levels, pathways, and locomotor patterns and having apparent beginning, middle, and end
- ___ P.4.1.c Perform smooth sequences that combine four or more of the following movements
- _____ traveling
 - _____ balancing
 - _____ rolling
 - _____ other types of weight transfer

- Tri. P.4.2** The student will understand and apply movement concepts and principles in complex motor skills
- ___ P.4.2.a Recall and demonstrate movement principals and concepts for selected motor patters and combination skills (e.g., trajectory, force, speed)
- ___ P.4.2.b Apply movement principles and concepts to basic game strategies
- ___ P.4.2.c Use movement principles to improve personal performance and provide feedback to others
- ___ P.4.2.d Use feedback, using available technology when feasible [digital recordings], to improve performance

- Tri. P.4.3** The student will correlate regular participation in physical activity with various components of fitness and improvement in fitness and skill development
- ___ P.4.3.a Identify the components of health-related fitness
- _____ cardiorespiratory endurance
 - _____ muscular strength and endurance
 - _____ flexibility
 - _____ body composition
- ___ P.4.3.b The student will participate in an annual physical fitness assessment (for example, Presidential Fitness Test)
- ___ P.4.3.c Identify the FITT (frequency, intensity, time, type) principle of training to implement personal fitness goals

Tri. P.4.4

The student will demonstrate positive interactions with others in cooperative and competitive physical activities

___ P.4.4.a Work productively and respectfully with others in achieving a common group goal

___ P.4.4.b Work toward positive solutions in resolving disagreements

___ P.4.4.c Demonstrate appropriate etiquette and application of rules and procedures

___ P.4.4.d Identify the contributions various cultures have made to sport, dance, and recreational pursuits

Tri. P.4.5

The student will identify opportunities to participate in regular physical activity at home, at school, and in the community