



St. Mel's Catholic School

## Physical Education Guidelines

### Grade Four

At Fourth grade students are growing in definite patterns. They are between the stages of

childhood and youth. Their eye-hand coordination is improved and they are becoming more skillful with their fine motor skills. Students at this stage have mastered many loco motor and non loco motor skills and are able to manipulate objects in a variety of ways.

### Movement Skills and Movement Knowledge

Students at this level are able to refine their motor skills in comparison with proficiency standards. They are able to use space and distance appropriately as they progress toward

accuracy, they learn about the concept of projection, and knowing how to generate force.

- Change direction quickly to maintain the spacing between two players.
- Change direction quickly to increase the spacing between two players.
- Determine the spacing between offensive and defensive players based on the speed of the players.
- Jump a self- turned rope.
- Perform a series of basic square-dance steps.

### Manipulative Skills

- Throw and catch an object with a partner while both partners are moving.
- Throw overhead at increasingly smaller targets, using proper follow-through.
- Throw a flying disc for distance, using the backhand movement pattern.
- Catch a fly ball above the head, below the waist, and away from the body.
- Kick a ball to a moving partner, using the inside of the foot.
- Kick a stationary ball from the ground into the air.
- Punt a ball dropped from the hands.
- Strike, with a paddle or racket, a lightweight object that has been tossed by a partner.
- Serve a lightweight ball to a partner, using the underhand movement pattern.
- Strike a gently tossed ball with a bat, using a side orientation.
- Keep a foot-dribbled ball away from a defensive partner.
- Keep a hand-dribbled ball away from a defensive partner.
- Stop a kicked ball by trapping it with the foot while standing still.
- Volley a tossed lightweight ball, using the forearm pass.

### Health and Performance

- Perform increasing numbers of each: abdominal curl-ups and push-ups.



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- Participate three to four days each week, for increasing periods of time, in continuous moderate to vigorous physical activities at the appropriate intensity to increase aerobic capacity.
- Identify healthful choices for meals and snacks that help improve physical performance.
- Explain why the body needs water before, during and after physical activity.
- Assess health-related physical fitness by using a scientifically based health – related fitness assessment.

## Self Image

Students at this level are ready to deal with success and failure and are more perceptive

and accepting of similarities and differences. It is a time for developing positive attitudes toward victory and defeat. There is a sense of appreciation of various cultures and different styles of movement. Students appreciate a sense of personal uniqueness in movement and become aware of the similarities and differences between themselves and others.

- Accept responsibility for one's own performance without blaming others.
- Respond to winning and losing with dignity and respect.
- Act in a safe manner during physical activity.
- Work independently and on task for small-group activities.

## Social Development

Students at this stage are ready to take initiative within the group and demonstrate leadership as well as learn to be a good follower. It is appropriate to introduce more complex games that challenge and increase performance abilities and enhance social skills. At this level fourth graders are able to cooperate with a partner in using equipment

and helping one another improve object manipulation skills. They begin to appreciate personal differences and value the rights of others. They want to follow rules; thus, they need to learn to cope with conflicts and disputes by practicing conflict resolution skills.

- Include others in physical activities and respect individual differences in skill and motivation.
- Accept an opponent's outstanding skill, use of strategies, or ability to work effectively with teammates as a challenge in physical activities.
- Recognize that God has given us different gifts, and that individual differences can bring attributes to group activities.