

Port Angeles School District Grade Level Expectations: Grade 4

1.1.1 Demonstrates physical skills (locomotor, non-locomotor, and manipulative) that contribute to movement proficiency.

Throws accurately with mature form to a moving target.	Yes	No
Catches objects thrown at different levels with mature form.	Yes	No
Kicks/passes/punts a ball while moving.	Yes	No
Foot dribbles around objects with control.	Yes	No
Hand dribbles at various speeds with control.	Yes	No
Strikes using a manipulative with several forms: (backhand, forehand, underhand, batting)	Yes	No
Volleys in succession to a partner.	Yes	No
Demonstrates rhythmic movement during activities: (jump rope, step box)	Yes	No
Dynamic balance with control: (cartwheels, balance beams, unicycling)	Yes	No
Designs and performs repeatable sequences of rolling and weight transfer activities with smooth transitions.	Yes	No

1.2.1 Follows rules and safety procedures while participating in a variety of physical activities.

Proper use of equipment.	Yes	No
Maintains body control in general and personal space.	Yes	No
Follows classroom/school rules.	Yes	No
Follows rules as they apply to specific activities.	Yes	No
Demonstrates safe play.	Yes	No

1.3.1 Develops a fitness vocabulary and awareness of fitness concepts while participating regularly in a variety of physical activities for fitness and play.

Defines the components of fitness and how they are used in daily living.	Yes	No
Monitors self progress in a teacher-designed fitness log: (activity log, assessment data)	Yes	No

1.4.1a Identifies how bodily function and physical performance are affected by food consumption.

Lists the key nutrients in appropriate food groups: (carbohydrates, proteins, fats)	Yes	No
Analyzes caloric intake and expenditure.	Yes	No

1.4.1b Recognizes the benefits of movement, fitness, and nutrition.

Identifies the various components of fitness related to the Activity Pyramid.	Yes	No
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2.1.1.a Describes the structure and function of human body systems.

Identifies basic body systems:	Yes	No
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(nervous, muscular, cardio/circulatory)		
Demonstrates how the body systems function: (nervous, muscular, cardio/circulatory)	Yes	No

2.1.1b Identifies hereditary factors that affect growth and development.

Recognizes hereditary factors that affect growth and development.	Yes	No
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2.1.1c Understands the influence of nutrition on health and growth/development.

Recognizes how dietary habits (food selection) affect overall health and growth/development.	Yes	No
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3.2.1 Understands health enhancing behaviors and risk reduction.

Categorizes and describes safe and unsafe behaviors that affect health: (bicycle safety, playground safety, fire safety, weapon safety)	Yes	No
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4.1.1 Identifies how fitness and healthy living are important for life goals.

Illustrates (fitness log, portfolio, and journaling) the physical fitness components used to perform age appropriate activities (chores, jobs, play).	Yes	No
Uses safety principles when performing age appropriate activities: (chores, exercises, stretching, play)	Yes	No

4.2.1 Sets daily goals for improving health and fitness practices.

Evaluates and applies health and fitness practices as it impacts daily health to avoid disease: (stress, diet, regular exercise)	Yes	No
Applies health and fitness practices that impact daily living: (sleep/rest, hygiene, dental health)	Yes	No