

NASPE Benchmarks Fourth Grade

As a result of participating in a quality physical education program it is reasonable to expect that the student will be able to:

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| Has | 1. While traveling, avoid or catch an individual or object. |
| Has | 2. Leap, leading with either foot. |
| Has | 3. Roll without hesitating or stopping. |
| Has | 4. Transfer weight, from feet to hands, at fast and slow speeds using large extensions (mulekick, handstand, cartwheel) |
| Has | 5. Hand dribble and foot dribble a ball and maintain control while traveling within a group. |
| Has | 6. Strike a softly thrown, lightweight ball back to a partner using a variety of body parts, and combinations of body parts. (bump in volleyball) |
| Has | 7. Consistently strike a softly thrown ball with a bat or paddle demonstrating an appropriate grip, side to the target and swing plane. |
| Has | 8. Develop patterns and combinations of movements into repeatable sequences. |
| Has | 9. Without hesitating, travel into and out of a rope turned by others. |
| Has | 10. Balance with control, on a variety of moving objects.(balance boards, scooters) |
| Has | 11. Jump and land for height, and jump and land for distance using a mature motor pattern. |
| Has | 12. Throw, catch and kick using mature motor patterns. |
| Is | 13. Maintain continuous aerobic activity for a specified time. |
| Is | 14. Support, lift, and control body weight in a variety of activities. |
| Does | 15. Regularly participate in physical activity for the purpose of improving skillful performance and physical fitness. |
| Knows | 16. Distinguish between compliance and non-compliance with game rules and fair play. |
| Knows | 17. Select and categorize specialized equipment used for participation in a variety of activities. |
| Knows | 18. Recognize fundamental components and strategies used in simple games and activities. |
| Knows | 19. Identify ways movement concepts can be used to refine movement skills. |
| Knows | 20. Identify activities that contribute to personal feelings of joy. |
| Knows | 21. Describe essential elements of mature movement patterns. |
| Knows | 22. Describe healthful benefits that result from regular and appropriate participation in physical activity. |
| Knows | 23. Analyze potential risks associated with physical activity. |
| Values | 24. Appreciate differences and similarities in others' physical activity. |
| Values | 25. Respect persons from different backgrounds and the cultural significance they attribute to various games, dances, and physical activities. |
| Values | 26. Enjoy feelings resulting from involvement in physical activity. |
| Values | 27. Celebrate personal successes and achievements and those of others. |