

Physical Education Standards Fourth Grade

Manipulative Skills

1.18 Manipulate an object by using a long-handled implement.

Movement Concepts

2.2 Describe ways to create more space between an offensive player and a defensive player.

Assessment

3.8 Measure and record changes in aerobic capacity and muscular strength, using scientifically based health-related physical fitness assessments.

Aerobic Capacity

4.2 Explain the principles of physical fitness: frequency, intensity, time, and type.

Self Responsibility

5.3 Accept responsibility for one's own performance without blaming others.