

# KASC ACADEMIC STANDARDS CHECKLIST

## PHYSICAL EDUCATION

User's Name: \_\_\_\_\_



Use the columns as a checkoff or a place to take notes to track any curriculum issue. For instance, you might list the unit or marking period in which a standard was mastered, the areas where teachers want additional professional development opportunities, or any issue you need to analyze as you work to enhance your students' performance. See the folder labeled Ideas for Usage for further suggestions on ways to use the checklists and cards.

### FOURTH GRADE

#### 1. Demonstrate competency in a variety of motor skills and movement patterns.

4.1.L1	Perform different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels, using different pathways and traveling in different directions.	
4.1.NL1	Apply non-locomotor skills in various activities, using a variety of body parts and shapes, at different levels, individually and with partners and equipment.	
4.1.BM1	Perform a variety of controlled transitions between balances with partners.	
4.1.BM2	Transfer weight to different body parts at varying speeds, with and without equipment.	
4.1.MS1	Apply manipulative skills with a partner, using a variety of objects, while demonstrating appropriate performance cues.	

#### 2. Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

4.2.SP1	Combine spatial concepts with combination movements for small group activities in a variety of environments.	
4.2.SD1	Apply speed, endurance and force in activities and game-like situations.	
4.2.ST1	Apply basic offensive and defensive strategies and tactics in a variety of activities.	

#### 3. Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

4.3.PA1	Identify factors that motivate daily participation in physical activity.	
4.3.PF1	Record physical activity minutes inside and outside of school to determine progress toward daily recommendation.	
4.3.PF2	Identify physical activities that improve the components of health related fitness.	
4.3.N1	Discuss the importance of hydration choices relative to physical activities.	

#### 4. Demonstrate responsible personal and social behavior that exhibits respect for self and others.

4.4.SW1	Encourage and accept all peers in a variety of physical activities.	
4.4.RE1	Recognize and follow the established rules, protocols and etiquette in physical education.	
4.4.SA1	Follow teacher directions for safe participation and proper use of equipment, independently and with others.	

#### 5. Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

4.5.H1	Compare the health benefits of various physical activities.	
4.5.C1	Rate the enjoyment of participating in challenging and mastered physical activities.	
4.5.SE1	Rank the enjoyment of participating in various physical activities.	
4.5.S11	Compare positive social interactions when engaged in a variety of physical activities.	
4.5.A1	Examine personal beliefs that may encourage others to be physically active.	