

Fourth Grade eport Card – Parent Support Health and Physical Education

Indicator	Standard	T1	T2	T3
Corrects movement errors in response to feedback to improve strategy and skills during team sport activities	2.5.B Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle	<ul style="list-style-type: none"> • Develop strategies to improve skills 	<ul style="list-style-type: none"> • Understand offensive, defensive and cooperative strategies 	<ul style="list-style-type: none"> • Set goals to improve success
Demonstrates safety, sportsmanship, and teamwork qualities during activities and team sports.	2.5.C Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle	<ul style="list-style-type: none"> • Appropriate behavior as a player and observer 	<ul style="list-style-type: none"> • Apply rules and procedures 	<ul style="list-style-type: none"> • Understand safety in games and activities
Demonstrates an understanding of how to perform and achieve fitness goals	2.6.A Fitness: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.	<ul style="list-style-type: none"> • Set goals for fitness based challenges 	<ul style="list-style-type: none"> • Develop strategies to improve fitness 	<ul style="list-style-type: none"> • Participate in moderate to vigorous age appropriate activities
Develops and understanding of the risk factors related to alcohol, drugs, tobacco, and medicine	2.3.B Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.	n/a	<ul style="list-style-type: none"> • Understand risk factors of smoking and drinking • Identify short and long term physical effects • Practice healthy lifestyle choices 	n/a
Differentiates between healthy and unhealthy eating habits	2.1.B Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.	n/a	<ul style="list-style-type: none"> • Ability to create a healthy meal based on cost, calories and value.(T2) • Practice healthy eating strategies 	n/a