

Quarter					Strand	Objectives	The Student is Expected To:
1	2	3	4				
					Movement - Skilled, Principles and Concepts		
				4.1	The student will refine movement skills and demonstrate the ability to combine them in increasingly complex movement activities	a) Demonstrate proficiency in specialized locomotor, non-locomotor, and manipulative skill combinations in games and modified sports activities	perform fundamental locomotor and body control skills while participating in activities such as task stations, simple obstacle courses, dodging activities, following teacher cues, and story activities
						b) Moving to a rhythm	Demonstrate body control through various stationary balances on various body parts such as in a rhythmic dance, gymnastics, or jump rope routine
						c) Perform smooth sequences that combine four or more of the following movements: traveling, balancing, rolling, and other types of weight transfer	perform rolling skills from different starting positions and demonstrate good body control as weight is transferred along and over equipment such as balance beams, vaulting equipment, step and benches
				4.2	The student will understand and apply movement concepts and principles in complex motor skills	a) Recall and demonstrate movement principles and concepts for selected motor patterns and combination skills	Participate in dynamic activities that include speed and directional changes such as basketball or soccer dribbling.
						b) Apply movement principles and concepts to basic game strategies	Participate in goal setting (based on previous performance) prior to movement skill challenge
						c) Use movement principles to improve personal performance and provide feedback to others	Identify ways movement concepts can be used to refine movement skills such as time (reduce/increase speed), effort (attention to detail and repetitive practice), space (spread out, respect player position), relationships (peer assessment, player responsibility, team work).
						d) Use feedback, using available technology when feasible to improve performance	Apply changes to performance based on feedback from assessments, teachers, peers and self-analysis.
					Personal Fitness		
				4.3	The student will correlate regular participation in physical activity with various components of fitness and improvement in fitness and skill development.	Identify the components of health-related fitness (e.g., cardiorespiratory endurance, muscular strength and endurance, flexibility, body composition).	Identify and demonstrate variety of exercises that promote flexibility and participate in activities that develop muscular strength and endurance
					Responsible Behaviors		
				4.4	The student will demonstrate positive interactions with others in cooperative and competitive physical activities.	a) Work productively and respectfully with others in achieving a common group goal.	Work independently and stay on task while demonstrating effective communication and respect for the feelings of others during physical activity such as encourage others, allow others equal turns, and inviting others to participate

