

National Standards Based Report Card - 4th Grade

		Quarter			
		1	2	3	4
Performance Indicators					
Standard 1: Demonstrate competence in a variety of motor skills and movement patterns.					
S1.E1 Hopping, galloping, running, sliding, skipping, leaping	Uses various locomotor skills in a variety of small-sided practice tasks, dance and educational gymnastics experiences. (S1.E1.4)				
S1.E2 Jogging, running	Runs for distance using a mature pattern. (S1.E2.4)				
S1.E3 Jumping and Landing, horizontal	Uses spring-and-step takeoffs and landings specific to gymnastics. (S1.E3.4)				
S1.E4 Jumping and Landing, vertical	Uses spring-and-step takeoffs and landings specific to gymnastics. (S1.E4.4)				
S1.E5 Dance	Combines locomotor movement patterns and dance steps to create and perform an original dance. (S1.E5.4)				
S1.E6 Combinations	Combines taveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student designed small-sided practice tasks. (S1.E6.4)				
S1.E7 Balance	Balances on different bases of support on apparatus, demonstrating levels and shapes. (S1.E7.4)				
S1.E8 Weight Transfer	Transfers weight from feet to hands, varying speed and using large extensions (e.g., mule kick, handstand, cartwheel). (S1.E8.4)				
S1.E9 Weight Transfer, rolling	Applies skill.				
S1.E10 Curling and stretching; twisting and bending	Moves into and out of balances on apparatus with curling, twisting, and stretching actions. (S1.E10.4)				
S1.E11 Combinations	Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a partner. (S1.E11.4)				
S1.E12 Balance and Weight transfers	Combines traveling with balance and weight transfers to create a gymnastics sequence with and without equipment or apparatus. (S1.E12.4)				
S1.E13 Throwing underhand	Applies skill.				
S1.E14 Throwing overhand	Throws overhand using a mature pattern in a non-dynamic environments (closed skills). (S1.E14.4a) Throws overhand to a partner or at a target with accuracy at a reasonable distance. (S1.E14.4b)				
S1.E15 Passing with hands	Throws to a moving partner with reasonable accuracy in a nondynamic environment (closed skills). (S1.E15.4)				
S1.E16 Catching	Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a nondynamic environment (closed skills). (S1.E16.4)				
S1.E17 Dribbling/ball control with hands	Dribbles in self-space with both the preferred and the non-preferred hands using a mature pattern. (S1.E17.4a) Dribbles in general space with control of ball and body while increasing and decreasing speed. (S1.E17.4b)				
S1.E18 Dribbling/ball control with feet	Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed. (S1.E18.4)				
S1.E19 Passing and receiving with feet	Passes and receives ball with the insides of the feet to a moving partner in a nondynamic environment (closed skills). (S1.E19.4a) Receives and passes a ball with the outsides and insides of the feet to a stationary partner, "giving" on reception before returning the pass. (S1.E19.4b)				
S1.E20 Dribbling in combination	Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting). (S1.E20.4)				
S1.E21 Kicking	Kicks along the ground and in the air, and punts using mature patterns. (S1.E21.4)				
S1.E22 Volleying underhand	Volleys underhand using a mature pattern in a synamic environment (e.g., 2 square, 4 square handball). (S1.E22.4)				
S1.E23 Volleying overhead	Volleys a ball with a two-hand overhead pattern, sending it upward, demonstrating 4 of the 5 critical elements of a mature pattern. (S1.E23.4)				
S1.E24 Striking, short implement	Strikes an object with a short-handled implement while demonstrating a mature pattern. (S1.E24.4a) Strikes an object with a short-handled implement alternating hits with a partner over a low net or agaisnt a wall. (S1.E24.4b)				
S1.E25 Striking, long implement	Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis or badminton racket) while demonstrating 3 of the 5 critical elements of a mature pattern for the implement (grip, stance, body orientation, swing plane, and follow through). (S1.E25.4)				
S1.E26 In combination with locomotor	Combines traveling with the manipulative skills of dribbling, throwing, catching and striking in teacher-and/or student-designed small sided practice-task environments. (S1.E26.4)				
S1.E27 Jumping rope	Creates a jump rope routine with either a short or long rope. (S1.E27.4)				
Standard 2 - Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.					
S2.E1 Space	Applies the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling). (S2.E1.4a) Applies the concept of closing spaces in small-sided practice tasks. (S2.E1.4b) Dribbles in general space with changes in direction and speed. (S2.E1.4c)				
S2.E2 Pathways, shapes, levels	Combines movement concepts with skills in small-sided practice tasks, gymnastics and dance environments. (S2.E2.4)				
S2.E3 Speed, direction, force	Applies the movement concepts of speed, endurance and pacing for running. (S2.E3.4a) Applies the concepts of direction and force when striking an object with a short-handled implement, sending it toward a designated target. (S2.E3.4b)				
S2.E4 Alignment and muscular tention	Applies skill.				
S2.E5 Strategies and tactics	Applies simple offensive strategies and tactics in chasing and fleeing activities. (S2.E5.4a) Applies simple defensive strategies and tactics in chasing and fleeing activities. (S2.E5.4b) Recognizes the typse of kicks needed for different games and sports situations. (S2.E5.4c)				
Standard 3 - Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.					
S3.E1 Physical Activity Knowledge	Analyzes opportunities for participation in physical activity outside of physical education class. (S3.E1.4)				
S3.E2 Engages in Physical Activity	Actively engages in the activities of physical education class, both teacher-directed and independent. (S3.E2.4)				
S3.E3 Fitness Knowledge	Identifies the components of health-related fitness. (S3.E3.4)				
S3.E4 Fitness Knowledge	Demonstrates warm-up and cool-down relative to the cardiorespiratory fitness assessment. (S3.E4.4)				

S3.E5 Assessment and Program Planning	Completes fitness assessments (pre- and post). (S3.E5.4a) Identifies areas of needed remediation from personal test and, with teacher assistance, identifies strategies for progress in those areas. (S3.E5.4b)				
S3.E6 Nutrition	Discusses the importance of hydration and hydration choices relative to physical activities. (S3.E6.4)				
Standard 4 - Exhibits responsible personal and social behavior that respects self and others.					
S4.E1 Personal Responsibility	Exhibits responsible behavior in independent group situations (S4.E1.4)				
S4.E2 Personal Responsibility	Reflects on personal social behavior in physical activity. (S4.E2.4)				
S4.E3 Accepting Feedback	Listens respectfully to corrective feedback from others (e.g., peers, adults). (S4.E3.4)				
S4.E4 Working with Others	Praises the movement performance of others both more- and less- skilled. (S4.E4.4a) Accepts players of all skill levels into the physical activity. (S4.E4.4b)				
S4.E5 Rules and Etiquette	Exhibits etiquette and adherence to rules in a variety of physical activities. (S4.E5.4)				
S4.E6 Safety	Works safely with peers and equipment in physical activity settings. (S4.E6.4)				
Standard 5 - Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.					
S5.E1 Health	Examines the health benefits of participating in physical activity. (S5.E1.4)				
S5.E2 Challenge	Rates the enjoyment of participating in challenging and mastered physical activities. (S5.E2.4)				
S5.E3 Self-expression and Enjoyment	Ranks the enjoyment of participating in different physical activities. (S5.E3.4)				
S5.E4 Social interaction	Describes and compares the positive social interactions when engaged in partner, small-group and large-group physical activities. (S5.E4.4)				

Rating Scale for Achievement Standards

- 4 EXCEEDS expectation of grade-level indicator
- 3 MEETS expectation of grade-level indicator
- 2 PROGRESSING toward expectation of grade-level indicator
- 1 LIMITED PROGRESS toward expectation of grade-level indicator
- Not assessed as this time