Grade 4 — Physical Education/Health Education Specific Learning Outcomes*

**Movement**

- K.1.4.A.1. Recognize the health-related fitness components (e.g., cardiovascular endurance, muscular strength, muscular flexibility, flexibility).
- K.1.4.A.2. Judge the accuracy of a part of a movement (e.g., throw, kick, stretch, strike) using simple tasks or in a simulated environment.
- K.1.4.A.3. Demonstrate one of the health-related fitness components (e.g., increase heart rate, strength, flexibility).
- K.1.4.B.1a. Recognize the qualities of space awareness (e.g., head, arms, hands, feet).
- K.1.4.B.2. Demonstrate the ability to use space awareness in a gymnastic sequence (e.g., head, arms, legs).
- K.1.4.B.3d. Recognize the importance of light aortic activities and stretching as part of cool-down following a vigorous activity (e.g., increase blood flow and body temperature gradually).
- K.1.4.C.1. Recognize the basic concepts (e.g., accuracy, body positioning, effort, placement) of simple netball and striking/fielding games/activities.
- K.1.4.C.2. Recognize the five fair-play ideals (i.e., respect for rules, officials, and opponents, self-control, equal playing time).

**Fitness Management**

- K.2.3.A.4. Recognize the importance of light aortic activities and stretching as part of cool-down following a vigorous activity (e.g., increase blood flow and body temperature gradually).
- K.2.4.A.1. Recognize the health-related fitness components (e.g., cardiovascular endurance, muscular strength, muscular flexibility, flexibility).
- K.2.4.A.2. Demonstrate the ability to use space awareness in a gymnastic sequence (e.g., head, arms, legs).
- K.2.4.B.1b. Discuss connections or representations of cultures in different settings (e.g., physical education, health education, social studies, music, art, etc.).
- K.2.4.B.4. Recognize rules of individuals in school and community who contribute to health-related and/or skill-related fitness (e.g., rules for participation in physical activity, rules for maintaining health and safety).
- K.3.3.A.1. Perform a self-assessment (i.e., review and analyze) of personal health behaviors (e.g., nutrition, physical activity, sleep habits).
- K.3.3.A.3. Explain the role of physical activity in the development of health-related and/or skill-related fitness components (e.g., increase heart rate, strength, flexibility).
- K.3.3.B.3. Recognize the qualities of space awareness (e.g., head, arms, hands, feet).
- K.3.4.A.1. Identify common injuries (e.g., sprain, strain, fracture).
- K.3.4.B.1. Identify responsibilities for prevention, protection, and persuasion (e.g., classroom rules and routines, planning a class or group event).
- K.3.4.A.2. Recognize the five fair-play ideals (i.e., respect for rules, officials, and opponents, self-control, equal playing time).

**Safety**

- K.3.4.B.3. Recognize common injuries (e.g., cuts, bruises, scrapes, burns, bumps, fractures, insect bites and stings, frostbite).”

**Personal & Social Management**

- K.4.4.A.1. Recognize an awareness of factors (e.g., personal attitudes, expressive behaviors) that influence personal health behaviors (e.g., healthy eating, physical activity).
- K.4.4.A.2. Identify a goal-setting process (e.g., success/failure, attitudes, self-confidence).
- K.4.4.B.1. Recognize the function (i.e., fact, opinion) of safety services provided by the community (e.g., transportation, emergency services).
- K.4.4.B.3. Recognize rules of individuals in school and community who contribute to health-related and/or skill-related fitness (e.g., rules for participation in physical activity, rules for maintaining health and safety).
- K.4.5.A.1. Identify the function (i.e., fact, opinion) of safety services provided by the community (e.g., transportation, emergency services).
- K.4.5.B.1. Discuss strategies to prevent injuries (e.g., safe play, use of protective equipment, safe practices).