

MONROE COUNTY COMMUNITY SCHOOL CORPORATION  
CURRICULUM GUIDE

**ELEMENTARY PHYSICAL EDUCATION  
GRADE 4**

**PROFICIENCY 1: STUDENTS SHOULD BE ABLE TO DEMONSTRATE INTEGRATION OF LOCOMOTOR, NON-LOCOMOTOR, AND STABILITY SKILLS THROUGH PHYSICAL MOVEMENTS, ACTIVITIES, AND GAMES**

1.4.1 Participate in obstacle course maneuvers

1.4.2 Perform tumbling and stability skills

- tumbling
- landing
- bending
- stretching

1.4.3 Integrate fundamental stability skills in various activities (pushing, pulling, balancing, scooter activities, bi-pods, tri-pods, cartwheels, headstands, kip-up)

1.4.4 Perform balance skills

**PROFICIENCY 2: STUDENTS SHOULD BE ABLE TO DEMONSTRATE THE ABILITY TO MANIPULATE OBJECTS THROUGH PHYSICAL MOVEMENTS, ACTIVITIES, AND GAMES**

2.4.1 Demonstrate efficient coordination of body parts to control objects

- catching and running
- catching and jumping
- catching and leaping
- catching and walking
- catching and throwing
- catching and tossing
- running and kicking
- running and striking

2.4.2 Demonstrate coordination in manipulating objects

- throwing and catching
  - target games
- swinging and striking
  - racquet sports
- long and short rope jumping
- juggling
- hand/eye coordination
- hoops, wands, scarves

**PROFICIENCY 3: STUDENTS SHOULD BE ABLE TO PERFORM A VARIETY OF RHYTHMIC SKILLS IN INDIVIDUAL AND GROUP ACTIVITIES**

3.4.1 Perform simple pattern dances

- folk dance
- line dance
- contemporary/popular dances
- square dance

3.4.2 Demonstrate a variety of rhythmic movements to various beats and tempos

**PROFICIENCY 4: STUDENTS SHOULD DEMONSTRATE SAFE AND APPROPRIATE USE AND CARE OF EQUIPMENT**

4.4.1 Evaluate safe and unsafe practices in performing activities and/or using equipment

4.4.2 Await instructions for using equipment properly

4.5.3 Recognize that the improper use of equipment may result in personal injury or injury to others

4.4.4 Take responsibility for classroom set up and clean up when appropriate

**PROFICIENCY 5:           STUDENTS SHOULD BE ABLE TO DEVELOP AN UNDERSTANDING OF HOW TO MONITOR AND MAINTAIN A REASONABLE LEVEL OF PHYSICAL FITNESS**

5.4.1   Engage in activities that maintain muscular strength

- upper body
- lower body
- abdominal

5.4.2   Know characteristics of a healthy lifestyle

- daily health enhancing physical activity
- proper nutrition

5.4.3   Identify, understand, and participate in aerobic activity that promotes cardiovascular endurance

5.4.4   Engage in activities that develop and maintain the flexibility of major joints

**PROFICIENCY 6:           STUDENTS SHOULD BE ABLE TO INTEGRATE APPROPRIATE CURRICULAR IDEAS AND CONCEPTS THROUGH PHYSICAL ACTIVITY**

6.4.1   Reinforce academic skills and cultural awareness

6.4.2   Create movements to communicate a story or theme

6.4.3   Integrate concepts from other disciplines

**PROFICIENCY 7:           STUDENTS SHOULD BE ABLE TO EXHIBIT KNOWLEDGE OF RULES, STRATEGIES, AND BASIC SKILLS FOR GAMES AND SPORTS**

7.4.1   Demonstrate knowledge of rules, procedures, and etiquette that are safe and effective for a specific activity or game situation

- 7.4.2 Describe rules and procedures for various activities (Ultimate frisbee, bowling, track and field, volleyball, soccer, flag football, kickball, floor hockey, baseball, basketball, dodgeball, tennis, combatives)

**PROFICIENCY 8: STUDENTS, THROUGH PARTICIPATION IN PHYSICAL ACTIVITY, SHOULD DEMONSTRATE APPROPRIATE SOCIALIZATION SKILLS AND A POSITIVE SELF-CONCEPT**

- 8.4.1 Participate in physical activities and games reinforcing sportsmanship and community
- 8.4.2 Participate in physical activities and games which contribute to reinforcing a positive self-concept
- 8.4.3 Understand the elements of socially acceptable conflict resolution in physical activity settings
- 8.4.4 Understand the importance of playing, cooperating, and respecting others during physical activity regardless of personal capabilities or differences