

PE Power Standards

GRADE 4

 **Corvallis School District 509j**

Expressive and Efficient Movement: Demonstrate knowledge of a variety of motor skills.
<ul style="list-style-type: none">• PE.05.EE.02 Demonstrate foot dribble, hand dribble, and strike with a partner.• PE.05.EE.04 Perform a rhythmic activity (such as dancing or jumping rope) to music.
Expressive and Efficient Movement: Understand and apply movement concepts.
<ul style="list-style-type: none">•
Expressive and Efficient Movement: Understand rules and strategies for a variety of physical activities.
<ul style="list-style-type: none">• PE.05.EE.05 Demonstrate understanding of playground games.
Fitness for Lifetime: Demonstrate knowledge of a physically active lifestyle.
<ul style="list-style-type: none">• PE.05.FL.01 Take pulse on major arteries and compare it to target heart rate zone.
Fitness for Lifetime: Understand the meaning of physical fitness and how personal fitness can be improved and maintained using a health-related fitness assessment as one tool for measuring.
<ul style="list-style-type: none">•
Self-Management and Social Behavior: Understand appropriate and positive behavior management (social skills) and respect for all individual differences, including gender, ethnicity, and physical ability during physical activity.
<ul style="list-style-type: none">• PE.05.SM.01 Demonstrate safe, fair and respectful participation in a variety of physical activities.