

## **HEALTHFUL LIVING – Grade 4**

**COMPETENCY GOAL 6: The learner will demonstrate competency in a variety of movement forms and proficiency in a few to gain competence towards lifetime physical activities (NASPE Standard 1).**

### **Objectives**

- 6.01 Demonstrate movements found in folk dance, square dance, line dance, or other rhythmic activities.
- 6.02 Create original dances using the elements found in square, folk, line and/or other rhythmic activities.
- 6.03 Demonstrate ball-handling skills necessary for participation in lead up games and sports.
- 6.04 Demonstrate accuracy skills necessary for participation in a variety of lead-up games and sports.
- 6.05 Explore various movement forms including jump rope routines.
- 6.06 Develop inverted balances using two or more body parts.
- 6.07 Create movement sequence routines that contain balance, inversion, weight transfer, and landing.

**COMPETENCY GOAL 7: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities (NASPE Standard 2).**

### **Objectives**

- 7.01 Apply critical elements (cues) of skills to improve personal performances in fundamental and selected specialized skills such as throwing to a moving target.
- 7.02 Use critical elements of fundamental and specialized movement skills to provide feedback to others such as peer assessment.
- 7.03 Describe the mechanics of skill performance in a variety of activity settings such as explaining how to kick.
- 7.04 Summarize safety procedures for riding a bicycle.

**COMPETENCY GOAL 8: The learner will exhibit a physically active lifestyle (NASPE Standard 3).**

### **Objectives**

- 8.01 Identify personal activity interests and ability.
- 8.02 Consciously recognize the benefits derived from regular moderate to vigorous physical activity.
- 8.03 Chooses to participate in structured and purposeful activity.

**COMPETENCY GOAL 9: The learner will show evidence of an acceptable level of healthrelated fitness and be familiar with factors that benefit performance (NASPE Standard 4).**

### **Objectives**

- 9.01 Complete a valid and reliable pre and post health-enhancing fitness assessment, including monitoring of the heart.
- 9.02 Name the benefits derived from participation in physical activity.
- 9.03 Identify and demonstrate the health related components of fitness.
  - Cardiovascular endurance
  - Muscular strength and endurance
  - Flexibility
  - Body Composition
- 9.04 Recognize the relationship between healthy nutrition and exercise in weight management.

**COMPETENCY GOAL 10: Exhibits responsible personal and social behavior that respects self and others at the same time as values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction (NASPE Standard 5 & 6).**

**Objectives**

10.01 Identifies positive feelings associated with participation in physical activities.

10.02 Chooses to participate cooperatively and productively in-group and individual physical activities.

10.03 Selects and practices a skill on which improvement is needed.

10.04 Follows directions, activity-specific rules, procedures, and etiquette, with few reminders.

10.05 Regularly encourages others and refrains from put-down statements.