

WYOMING PHYSICAL EDUCATION CONTENT STANDARDS

GRADE 4 BENCHMARKS

1. MOVEMENT - *Students demonstrate competency in movement forms and apply movement concepts and principles to the learning and development of motor skills.*

- **PE4.1.1** Students demonstrate and identify locomotor skills to include walking, running, leaping, hopping, jumping, skipping, galloping, and sliding; and chasing, fleeing and dodging.
- **PE4.1.2** Students demonstrate and identify object control skills to include throwing, catching, kicking, trapping, striking, volleying, ball rolling, and dribbling.
- **PE4.1.3** Students demonstrate and identify body control skills including turning, twisting, rolling, balancing, transferring weight, landing, stretching, and curling.
- **PE4.1.4** Students demonstrate and identify movement concepts that reflect an understanding of effort (time, force, flow), space (location, direction, level, pathway, extensions), and relationships (with objects, with people).

2. FITNESS - *Students demonstrate fitness literacy and behaviors associated with it.*

- **PE4.2.1** Students demonstrate an understanding of fitness and the principles that govern fitness.
- **PE4.2.2** Students demonstrate an understanding of the health benefits of being physically active.
- **PE4.2.3** Students participate in a variety of physical activities for enhancing the development of muscular strength, muscular endurance, cardiovascular endurance, and flexibility.

3. PERSONAL AND SOCIAL BEHAVIOR - *Students demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.*

- **PE4.3.1** Students recognize and use safety principles and follow the rules, procedures, and etiquette in physical activity settings.
- **PE4.3.2** Students demonstrate sportsmanship, cooperation, teamwork, and conflict resolution in physical activity settings.
- **PE4.3.3** Students demonstrate an understanding of individual differences and similarities in physical activity settings.
- **PE4.3.4** Students demonstrate respect for individual differences and similarities in others in physical activity settings.
- **PE4.3.5** Students recognize that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

