

**Helena Public Schools**  
**Grade 4**  
**PE Specialist**  
**Health and Wellness**

**Health Maintenance & Enhancement**

- Classify activities as they relate to the health related fitness components
- Identify behaviors that if performed regularly, can contribute to a healthy lifestyle
- Monitor heart rate
- Identifies cardio respiratory endurance, muscular endurance, muscle strength, flexibility
- Participates in physical activity for improvement of performance & fitness
- Understand that eating healthy & being active will help maintain a healthy body
- Recognize the relationship between food intake & physical activity
- Participates in class activities
- Demonstrates a level of flexibility, strength & endurance
- Locomotor walk, skip, run, gallop, hop, jump, jog, slide sideways, grapevine (carioca), sprint, leap or combinations.
- Throwing overhand, underhand with control, accuracy & distance
- Catching one hand/ two hands using a mature motor pattern
- Dribbling hands/feet using a mature motor pattern
- Kicking- punting, place kicking, drop kicking with a mature approach
- Volley a tossed object using a mature motor pattern
- Rhythm-incorporate a variety of equipment to rhythmic movements, patterns & sounds
- Balance –perform a variety of static & dynamic balances
- Jump for height, jump for distance, jump rhythmically & fall with control
- Jump rope
- Uses appropriate feedback to improve individual performance
- Develop a basic movement vocabulary (e.g. spatial awareness, effort, relationships, locomotor skills, non-manipulative, manipulative)
- Awareness of rules used in games & activities

**Functions & Interrelationships of Systems**

Support the following competencies:

- Identify the different types of bones (i.e., long, flat, wide, short, & curved & their functions)
- Recognize the major muscles of the muscular system (e.g., deltoid, triceps, abdominal, quadriceps)
- Identifies cardio-respiratory endurance, muscular endurance, & flexibility

**Risk Assessment & Reduction**

- Identify bus, biking & walking safety expectations
- Predict the outcome when safety equipment is used/not used in physical activity
- Explain the cause & effect of following water safety rules