

Diocese of Jefferson City Curriculum Guide

Content Area: Physical Education
 Grade Range: 4thGrade
 Section/Heading: 4A

Strand: Personal Physical Activity

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Physical Activity	Understands the social and personal responsibility associated with participation in physical activity.

Performance Indicators		
<ol style="list-style-type: none"> 1. Plays safely and by the rules 2. Display good sportsmanship and Christian values. 3. Improve and refine physical skills 4. Understand and relate how the importance of better coordination, endurance, and good attitude contribute to a healthy life-style. 5. Understands the physical challenges faced by people with disabilities. 6. Continues to follow rules and procedures with little reinforcement. 		
Suggested Activities	Assessment	Resources

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Content Area: Physical Education
 Grade Range: 4thGrade
 Section/Heading: 4A.2

Strand: Personal Physical Activity

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Physical Activity	Understands the social and personal responsibility associated with participation in group physical activities.

Performance Indicators		
<ol style="list-style-type: none"> 1. Display good sportsmanship including Christian values of winning and losing. 2. Continue to demonstrate the use of social and cooperative skills. 3. Demonstrates knowledge of rules and skills needed to improve participation in group and team sports (correct technique in ball handling, proper stepping, follow through, boundaries, and scoring) 		
Suggested Activities	Assessment	Resources

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Content Area: Physical Education
 Grade Range: 4thGrade
 Section/Heading: 4B.1

Strand: Motor Skills

Diocesan Standard Terra Nova Objective	Benchmark Statement
Motor Skills	Uses movement concepts and principles in the development of motor skills.

Performance Indicators	
<ol style="list-style-type: none"> 1. Perform locomotor skills alone, with a partner, or in a group. 2. Demonstrate eye-hand and eye-foot coordination (overhand and underhand throwing, non dominant and dominant throwing, kicking and dribbling, catching in stationary and moving positions.) 	

Suggested Activities		Resources

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Content Area: Physical Education
 Grade Range: 4thGrade
 Section/Heading: 4C.1

Strand: Movement Skills

Diocesan Standard Terra Nova Objective	Benchmark Statement
Movement Skills	Uses a variety of basic and advanced movement forms.

Performance Indicators		
1. Demonstrate improved movement through rhythms and dancing (individual and group dancing).		
Suggested Activities	Assessment	Resources

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Content Area: Physical Education
 Grade Range: 4th Grade
 Section/Heading: 4D.1

Strand: Monitoring and Maintaining Physical Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Movement Skills	Understands how to monitor and maintain a health-enhancing level of physical fitness.

Performance Indicators		
<ol style="list-style-type: none"> 1. Demonstrate increased muscular strength, endurance, flexibility, body awareness, and agility through fitness and recreational activities (age appropriate standardized fitness tests). 2. Identify their own strengths and weaknesses. 		
Suggested Activities	Assessment	Resources