

Report: MN Benchmarks

Phyed

4th Grade - MN Physical Education (2010)

PE.4.0.1.1	1. Students will demonstrate a mature form in all locomotor patterns and selective manipulative and nonlocomotor skills.
PE.4.0.1.2	2. Students will adapt a skill to the demands of a dynamic, unpredictable environment.
PE.4.0.1.3	3. Students will acquire beginning skills of a few specialized movement forms (e.g., lead-up skills).
PE.4.0.1.4	4. Students will combine movement skills in applied settings.
PE.4.0.1.5	5. Students will create a dance sequence and refine it into a repeatable pattern.
PE.4.0.2.1	1. Students will apply critical elements to improve personal performance in fundamental and selected specialized motorized motor skills.
PE.4.0.2.2	2. Students will use critical elements of fundamental and specialized movement skills to provide feedback to others.
PE.4.0.2.3	3. Students will identify the fitness components. (e.g. health related and skill related)
PE.4.0.2.4	4. Students will understand that appropriate practice improves performance.
PE.4.0.2.5	5. Students will recognize strategies that improve movement performance (e.g., angle of throw, spin).
PE.4.0.3.1	1. Students will select and participate regularly in physical activities for the purpose of improving skill and health.
PE.4.0.3.2	2. Students will identify the benefits derived from physical activity.
PE.4.0.3.3	3. Students will identify and participate in several moderate to vigorous activities that provide personal pleasure.
PE.4.0.4.1	1. Students will identify and participate in several activities related to each component of physical fitness.
PE.4.0.4.2	2. Students will associate results of fitness testing to personal health status and ability to perform various activities
PE.4.0.4.3	3. Students will meet the health-related fitness standards as defined by a National Fitness Test.
PE.4.0.5.1	1. Students will follow, with few reminders, activity specific rules, procedures and etiquette.
PE.4.0.5.2	2. Students will utilize safety principles in activity situations.

PE.4.0.5.3	3. Students will work cooperatively and productively with a partner or small group resulting in good sportsmanship.
PE.4.0.5.4	4. Students will work independently and on-task for short periods of time.
PE.4.0.6.1	1. Students will experience enjoyment while participating in physical activity.
PE.4.0.6.2	2. Students will practice activities to increase skill competence.
PE.4.0.6.3	3. Students will interact appropriately with peers while participating in group activities.
PE.4.0.6.4	4. Students will use physical activity as a means of self-expression.
PE.4.0.6.5	5. Students will demonstrate the acceptance of other skills and abilities.