

Physical Education	
Knowledge of structures of, functions of, and relationships among human body systems	
	<ul style="list-style-type: none"> • Demonstrate knowledge of basic physiological principles related to physical fitness and application of these principles to their lifestyles. LO 3, 6, 7, 8, 9
Knowledge of principals and practices of physical and mental health (such as personal health habits, nutrition, stress management)	
	<ul style="list-style-type: none"> • Demonstrate an understanding of levels, performance, and limitations among fellow students. LO 5 • Respect others' talents and limitations. LO 1, 2, 3 • Encourage others as they reach goals, show improvement, or need more chances to reach personal goals. LO 3 • Consider the feelings of others when choosing activities and teams. LO 3
	<ul style="list-style-type: none"> • Identify the components of fitness and how they relate to a healthy lifestyle. LO 3
Knowledge of principles of movement and physical fitness	
	<ul style="list-style-type: none"> • Demonstrate proficiency in movement, knowledge, and social skills in low-organized and lead-up activities. LO 1, 2, 5, 10
	<ul style="list-style-type: none"> • Demonstrate knowledge, safety, and fundamental performance skills required in the movements associated with balance and spatial awareness. LO 1, 2, 5
	<ul style="list-style-type: none"> • Demonstrate knowledge and performance skills in a variety of team, individual, and dual sports. LO 1, 2, 10
	<ul style="list-style-type: none"> • Demonstrate knowledge, understanding, and performance skills required for basic rhythm and

Fourth Grade

	other lifetime activities. LO 1, 2, 5, 10
	<ul style="list-style-type: none"> Gain skills, strength, muscular coordination, and understanding of objects and rules for future participation in recreational games such as soccer, volleyball, basketball and softball. LO 1, 2, 3, 4, 5, 7
	<ul style="list-style-type: none"> Learn to throw, pass, and catch various kinds of balls, such as playground balls, tennis balls, whiffle balls, softballs, baseballs, and footballs with correct balance, posture and movement. LO 1, 2, 4, 5, 9
Knowledge of consumer health issues (such as the effects of mass media and technologies on safety and health)	
	<ul style="list-style-type: none"> Participate responsibly in the care and use of physical education equipment. LO 10