

PHYSICAL EDUCATION CHECKLIST GRADES 4-5

North Smithfield School District

STUDENT _____ GRADE _____

1. Competency in many movement forms and proficiency in a few movement forms.

- Begins to understand and apply **basic skills** specific to games and sports. 1.1.1
- Demonstrates proper form in all **warm-up and cool-down** activities. 1.1.3

2. Movements concepts

- Recognizes the following **biomechanical principles**:
 - center of gravity/base of support
 - force
 - speed and angle of an object
 - movement of body parts sequentially
 - squaring to the target - balance
 - follow through 2.1.1, 2.1.3
- Uses rudimentary application of **biomechanical principles**. 2.1.2

3. Fitness goals

- Makes progress towards the health-related fitness standards of the **Fitnessgram™ Test**. 4.1.1
- Engages in physical activity to improve scores for each of the fitness components on the **Fitnessgram™ Test**. 4.2.2

5. Responsible personal and social behavior

- Uses **self-control** in game and movement activities, e.g.
 - applying safe practices
 - proper/safe equipment use
 - rules and procedures 5.1.1
- Utilizes **safety principles** in activity situations and settings.
 - body awareness/ control
 - respect for self and other
 - safe and appropriate
 - clothing and footwear
 - use of equipment
 - warm-up/ cool-down activities
 - spatial awareness 5.3.1
- Communicates effectively with others to promote **respect and tolerance**. 5.6.2