

HEALTHFUL LIVING – PHYSICAL EDUCATION

NORTH CAROLINA STANDARD COURSE OF STUDY

MOTOR SKILL DEVELOPMENT

4.MS.1 Apply competent motor skills and movement patterns needed to perform a variety of physical activities.

- PE.4.MS.1.1 Execute combinations of more complex locomotor skills and manipulative skills in various physical activity settings.
- PE.4.MS.1.2 Create movement skill sequences commonly associated with various sports and activities.
- PE.4.MS.1.3 Implement changes in speed during straight, curved, and zigzag pathways to open and close space using locomotor and manipulative skills.
- PE.4.MS.1.4 Identify tempo in slow and fast rhythms.

MOVEMENT CONCEPTS

4.MC.2 Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.

- PE.4.MC.2.1 Apply basic concepts of movement to improve individual performance.
- PE.4.MC.2.2 Apply elements of form or motor development principles to help others improve their performance.
- PE.4.MC.2.3 Evaluate skills in a game situation using a rubric based on critical concepts.
- PE.4.MC.2.4 Classify examples of health-related fitness into the five components.

HEALTH-RELATED FITNESS

4.HF.3 Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- PE.4.HF.3.1 Understand why and how to complete a valid and reliable pre and post health-enhancing fitness assessment, including monitoring of the heart.
- PE.4.HF.3.2 Evaluate oneself in terms of the five recommended behaviors for obesity prevention.
- PE.4.HF.3.3 Use physiological indicators to adjust physical activity.

PERSONAL/SOCIAL RESPONSIBILITY

4.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

- PE.4.PR.4.1 Use self-control through structure, expectations, and engagement to demonstrate personal responsibility and respect for self and others.
- PE.4.PR.4.2 Use cooperation and communication skills to achieve common goals.
- PE.4.PR.4.3 Understand the importance of culture and ethnicity in developing self-awareness and working productively with others.