

4th Grade Physical Education Targets

Motor Skills	Movement Knowledge	Self Control	Lifetime Behaviors
<p>___ I can dribble in mature form while moving.</p>	<p>___ I can list the components of health-related fitness.</p>	<p>___ I can accept the Educator's decision regarding a personal infraction during game/activities.</p>	<p>___ I can explain why rules are fair to all participants, allowing for a safe and enjoyable game or activity.</p>
<p>___ I can shoot a basketball in mature form while in motion.</p>	<p>___ I can list and explain rules, regulation, strategies, offensive and defensive positions in games or activities.</p>	<p>___ I can demonstrate positive behaviors in winning or losing.</p>	<p>___ I can wait for my turn patiently.</p>
<p>___ I can underhand/overhand serve a volleyball.</p>	<p>___ I can explain and identify major body functions in its relation to exercise.</p>	<p>___ I can remain on task without re-direction.</p>	<p>___ I can work cooperatively in teams, with partners and/or individual game situations.</p>
<p>___ I can use mature form in bump, set, tip in volleyball.</p>			
<p>___ I can move and have an understanding of how to control an object while in movement or flight (floor hockey).</p>			
<p>___ I can aim and hit a target.</p>			