

Grade Four Physical Education
Record of Student Achievement

Outcome 4.1 Health-related Fitness	Criteria for Achieving the Outcome (based on the indicators)												Notes
	Engages in individual and group activities	Understands daily physical activity needs	Uses resources to appraise fitness	Determines personal performance levels	Participates for 8 consecutive minutes	Reflects on personal performance results	Connects fitness to personal well-being	Is aware of fitness standards as a generality	Describes factors that influence motivation	Engages in fitness sequences	Recognizes personal active/sedentary time	Contributes to class F.I.T. fitness plan	
Students													

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Outcome 4.2 Body Systems	Criteria for Achieving the Outcome (based on the indicators)													Notes
	Can explain details of the heart	Can describe the location and function of the lungs	Can describe the role of the skeletal muscles	Understands short /long term effects of exercise	Differentiates Muscular Strength from Muscular Endurance	Is aware of the effects of applying stress to joints	Understands the importance of a proper cool-down	Describes how exercise decreases body fat	Describe how exercise increases muscle mass					
Students														

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Outcome 4.4 Locomotor Skills	Criteria for Achieving the Outcome (based on the indicators)												Notes
	Attempts to land on feet after rolling backward	Can roll backward two consecutive times	Can roll backward at varying speeds	Combines roll s with another skill	Can roll safely to absorb impact after falling								
Students													

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Outcome 4.10 Tactics, Strategies, and Rules	Criteria for Achieving the Outcome (based on the indicators)													Notes
	Solves problems cooperatively & respectfully during movement activities	Works productively to achieve common group goals during movement	Finds positive solutions to disagreements that occur during games	Demonstrates correct application of rules/procedures when playing games	Uses correct rules and procedures for alternate environment activities	Expresses insight into why games have boundaries, time rules, & restrictions	Considers the ways in which modifying specific rules can impact the game	Create & implement tactics, strategies, & rules that support well-being	Demonstrate inclusiveness by sharing equipment & leadership opportunities	Propose and implement modifications to enhance inclusiveness of an activity	Identifies factors associated with risk taking & attempting a new activity/skill	Can answer questions related to cooperation, responsibility & safety		
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Outcome 4.11 Safety and First Aid	Criteria for Achieving the Outcome (based on the indicators)												Notes
	Identifies basic first aid contents for given movement activities	Can describe ways to adapt to outdoor conditions in any season	Demonstrates and practices safe technique for lifting heavy objects	Demonstrates technique for responding to unplanned falls	Can differentiate between safe & unsafe stretching exercises	Can differentiate between safe & unsafe strengthening exercises	Can analyze and tend to role-played injuries (individually/team)	Recognizes and practices safe movements for common exercises	Identifies potential hazards in movement activity environments	Makes recommendation for improvements related to safety			
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Outcome 4.12 Relationships	Criteria for Achieving the Outcome (based on the indicators)													Notes
	Reviews peer/self performance Cooperatively & competitively	Identifies and demonstrate skills needed for effective teamwork	Explain why teamwork & decision-making are important life skills	Reflects on personal behaviors in cooperative & competitive games	Uses personal strategies for enhancing team spirit & fair play	Can explain the damage and risks of sport & fitness stereotypes	Demonstrates an appreciation for diversity in movement activities	Assumes personal responsibility for accepting everyone	Represents what team spirit looks like, sounds like, & feels like	Demonstrates an understanding of the ideals of fair play	Evaluates own level of responsibility & commitment	Can answer questions about bending rules in competitive sport	Can see how competitive activities prepare for other life challenges	
Students														

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