

# PE Learning Targets: I can...

## Fourth

PE4.1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can use proper technique while throwing a football				
I can use overhand throw while throwing at a moving target in games.				
I can avoid defenders while dribbling a soccer ball				

PE4.2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can identify the critical elements of an overhand throw				
I can identify elements of overhand strike				


PE4.3: Participates regularly in physical activity.

<b>I Can Statements</b>	<b>Teach This to Others</b>	<b>Do This by Myself</b>	<b>Do This With Help</b>	<b>Cannot Do This</b>
I can encourage others to participate in games and activities.				
I can demonstrate how physical activities play a part in daily life by keeping a daily activity log.				

PE4.4: Achieves and maintains a health-enhancing level of physical fitness.

<b>I Can Statements</b>	<b>Teach This to Others</b>	<b>Do This by Myself</b>	<b>Do This With Help</b>	<b>Cannot Do This</b>
I can participate in fitness gram fitness testing and realize if I am in the healthy fitness zone in all tested areas				
I can cite that curl ups measure abdominal strength and sit and reach measures flexibility				

PE4.5:Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

<b>I Can Statements</b>	<b>Teach This to Others</b>	<b>Do This by Myself</b>	<b>Do This With Help</b>	<b>Cannot Do This</b>
I can resolve conflicts by using different strategies. Ie....rock, paper, scissors				
I can work independently or cooperatively in a group				
I can use feedback to help others improve skills.				

PE4.6: Values physical activity for health, enjoyment, challenge, self expression, and/or social-interaction.

<b>I Can Statements</b>	<b>Teach This to Others</b>	<b>Do This by Myself</b>	<b>Do This With Help</b>	<b>Cannot Do This</b>
I can participate in dance programs or sports teams outside of school				
I can express enjoyment through physical activities.				

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