

2002-2003 Health/Physical Education Standards Grade 3 and 4:

1. SOCIAL / PERSONAL DEVELOPMENT

The students will be able to:

- Understand concepts of rules, respect and responsibilities of participation in organized activities and group problem-solving activities
- Recognize individual differences and abilities of self and others
- Demonstrate ability to use solutions for problem-solving activities
- Use skills learned for participation in team and group sports / activities
- Understand the social, emotional, and physical benefits of satisfaction and positive feedback achieved through continued participation in life-long physical activities
- Develop an ability to establish individual goals through the use of skills and fitness assessment
- Recognize, understand, and value personal strengths and weaknesses

2. PHYSICAL FITNESS

The students will be able to:

- Participate in full administration of the Fitnessgram, a Physical Fitness Assessment Component, (fall and spring)
- Utilize results of fall Fitness test performance to improve scores on spring Assessment
- Demonstrate the ability to interpret fitness assessments and to adjust personal fitness / training
- Recognize and understand the connection between proper nutrition and the importance of physical exercise

3. SKILL DEVELOPMENT (Grade 3 and 4 cont.)

The students will be able to:

- Demonstrate increased levels of motor skills in team and cooperative activities

Identify anatomy and physiology of respiratory and digestive systems
with relation to exercise

Make smart choices relating to personal behaviors

Exhibit sound decision-making skills relative to life-long activities

Ex: wearing protective equipment for activity