

**Grade 4 – HEALTH AND PHYSICAL EDUCATION
Skills Based Report Card**

Skills and Expectations	Standards	Students will be able to....
Health Performance		
Develops and understanding of the risk factors related to alcohol, drugs, tobacco, and medicine	2.3.B Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.	<ul style="list-style-type: none"> ● Understands risk factors of smoking and drinking ● Identifies short and long term physical effects ● Practices healthy lifestyle choices
Differentiates between healthy and unhealthy eating habits	2.1.B Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.	<ul style="list-style-type: none"> ● Ability to create a healthy meal based on cost, calories and value. ● Practices healthy eating strategies
Physical Education Performance		
Corrects movement errors in response to feedback to improve strategy and skills during team sport activities	2.5.B Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle	<ul style="list-style-type: none"> ● Develops strategies to improve skills ● Understand offensive, defensive and cooperative strategies ● Set goals to improve success
Demonstrates safety, sportsmanship, and teamwork qualities during activities and team sports.	2.5.C Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle	<ul style="list-style-type: none"> ● Appropriate behavior as a player and observer ● Applies rules and procedures ● Understands safety in games and activities
Demonstrates an understanding of how to perform and achieve fitness goals	2.6.A Fitness: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.	<ul style="list-style-type: none"> ● Sets goals for fitness based challenges ● Develops strategies to improve fitness ● Participates in moderate to vigorous age appropriate activities