

Year at a Glance

PE – 4th Grade

Course # 5015060

2021-2022 School Year



Qualifications

As well as any certification requirements listed on the course description, the following qualifications may also be acceptable for the course:

Any field when certification reflects a bachelor or higher degree.

General Information

Course Number: 5015060

Course Path:

Section: [Grades PreK to 12 Education Courses](#) > **Grade Group:** [Grades PreK to 5 Education Courses](#) > **Subject:** [Physical Education](#) > **SubSubject:** [General](#) >

Abbreviated Title: PHYSICAL EDUCATION K

Course Length: Year (Y)

Course Status: Course Approved

Grade Level(s): K

<https://www.cpalms.org/PreviewCourse/Preview/4005>

PE.4.C.2.1 Understand the importance of purposeful movement in a variety of movement settings.

PE.4.C.2.2 Understand the importance of safety rules and procedures in all physical activities, especially those that are...

PE.4.C.2.3 Use technology to gather information about performance.

PE.4.C.2.4 Understand the importance of protecting parts of the body from the harmful rays of the sun.

PE.4.C.2.5 Detect errors in personal movement patterns.

PE.4.C.2.6 Compare and discuss skills/sports that use similar movement patterns.

PE.4.C.2.7 Identify proper warm-up and cool-down techniques and the reasons for using them.

PE.4.C.2.8 Identify the importance of hydration before, during and after physical activity.

PE.4.C.2.9 Identify basic offensive and defensive tactics for modified invasion and net activities.

PE.4.L.3.1 Identify a moderate physical activity.

PE.4.L.3.2 Identify a vigorous physical activity.

PE.4.L.3.3 Identify opportunities for involvement in physical activities during the school day.

PE.4.L.3.4 Identify opportunities for involvement in physical activities after the school day.

PE.4.L.3.5 Implement at least one lifestyle behavior to increase physical activity.

PE.4.L.3.6 Discuss the importance of wearing a bicycle helmet.

PE.4.L.4.1 Identify the muscles being strengthened during the performance of specific activities.

PE.4.L.4.2 Identify several activities related to each component of physical fitness.

PE.4.L.4.3 Maintain heart rate within the target heart rate zone for a specified length of time during an aerobic activit...

PE.4.L.4.4 Identify ways to participate in selected physical activities for the purpose of improving physical fitness.

PE.4.L.4.5 Identify ways to participate in formal and informal physical fitness assessment.

PE.4.L.4.6 Identify how specific stretches increase flexibility and reduce the chance of injury.

PE.4.L.4.7 Understand appropriate serving size.

PE.4.L.4.8 Explain the principles of physical fitness.

PE.4.L.4.9 Develop short- and long-term fitness goals.

PE.4.L.4.10 Describe ways that technology can assist in the pursuit of physical fitness.

PE.4.M.1.1 Apply movement concepts to the performance of locomotor skills in a variety of movement settings.

PE.4.M.1.2 Strike a moving object using body parts so that the object travels in the intended direction at the desired he...

PE.4.M.1.3 Strike an object continuously using a paddle/racquet demonstrating correct technique of a forehand pattern.

PE.4.M.1.4 Strike moving and/or stationary objects with long-handled implements using correct technique so the objects tr...

PE.4.M.1.5 Dribble and pass to a moving partner.

PE.4.M.1.6 Perform a variety of swim strokes.

PE.4.M.1.7 Move in different directions to catch objects of different sizes and weights thrown by a stationary partner fr...

PE.4.M.1.8 Throw balls of various sizes and weights to a stationary partner from varying distances using a correct overha...

PE.4.M.1.9 Perform a teacher-designed sequence, with or without manipulatives, while demonstrating balance, coordination,...

PE.4.M.1.10 Perform two or more dances accurately.

PE.4.M.1.11 Perform a self-designed gymnastics sequence consisting of clear beginning and ending balances and three differ...

PE.4.M.1.12 Run and hurdle a succession of low- to medium-level obstacles.

PE.4.R.5.1 Discuss the influence of individual differences on participation in physical activities.

PE.4.R.5.2 List ways to encourage others while refraining from insulting/negative statements.

PE.4.R.5.3 Demonstrate respect and caring for students with disabilities through verbal and non-verbal encouragement and ...

PE.4.R.6.1 Discuss how physical activity can be a positive opportunity for social and group interaction.

PE.4.R.6.2 Describe the connection between skill competence and enjoyment of physical activity.

PE.4.R.6.3 Discuss ways to celebrate one's own physical accomplishments while displaying sportsmanship.

HE.4.B.3.3 Examine resources from home, school and community that provide valid health information.

HE.4.C.1.2 Identify examples of mental/emotional, physical, and social health.

HE.4.C.2.6 Explain how technology influences personal thoughts, feelings, and health behaviors.

ELD.K12.ELL.SI.1 English language learners communicate for social and instructional purposes within the school setting.

LAFS.K12.L.3.4 Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, ana...

MAFS.4.G.1.3 Recognize a line of symmetry for a two-dimensional figure as a line across the figure such that the figure can...