



**Community Consolidated
School District 46**

565 Frederick Road, Grayslake, IL 60030

23-24 Fourth Grade Physical Education/Health Priority Standards

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Trimester 1	Trimester 2	Trimester 3
Physical Education	Physical Education	Physical Education
Demonstrate proper form while executing all locomotor and non-locomotor movements.	Demonstrate proper form while executing all locomotor and non-locomotor movements.	Demonstrate proper form while executing all locomotor and non-locomotor movements.
Participate in moderate to vigorous physical activity for an extended period of time.	Participate in moderate to vigorous physical activity for an extended period of time.	Participate in moderate to vigorous physical activity for an extended period of time.
Work cooperatively with others.	Work cooperatively with others.	Work cooperatively with others.
Participate safely in physical activity.	Participate safely in physical activity.	Participate safely in physical activity.
	Health Education	Health Education
	Understand the basic function of muscles and bones.	Understand choices that have a positive and negative effect on health.
	Know what to do if abusive behavior is suspected or discovered.	

CCSD 46 K-4 Physical Education Selected Locomotor & Non-Locomotor Skills		
	Locomotor Skills (by the end of the school year)	Non-Locomotor Skills (by the end of the school year)
K	<i>Expose & practice only</i> -- walk, run, skip, jump, leap, hop, gallop, shuffle	<i>Expose & practice only</i> -- balance, bending, dodging, twisting, pushing, pulling
1	<i>Expose & practice only</i> -- walk, run, skip, jump, leap, hop, gallop, shuffle, walking backwards	<i>Expose & practice only</i> -- balance, bending, dodging, twisting, pushing, pulling
2	<i>Assess</i> -- run, hop, gallop, shuffle <i>Continue to develop</i> -- jump, leap, skip, walking backwards	<i>Assess</i> -- balance, twisting, dodging <i>Continue to develop</i> -- bending, pushing, pulling
3	<i>Assess</i> -- skip, jump, leap <i>Continue to refine</i> -- run, hop, gallop, shuffle	<i>Assess</i> -- balance, twisting, dodging <i>Continue to develop</i> -- bending, pushing, pulling
4	<i>Assess</i> -- run, hop, gallop, shuffle, jump, leap, skip	<i>Assess</i> -- balance, twisting, dodging <i>Continue to develop</i> -- bending, pushing, pulling