

Zumbrota-Mazeppa Elementary Physical Education Power Standards

FOURTH GRADE

- 1) I can change speed during straight, curved, and zig zag pathways in dynamic situations; catching a football on the run.
- 2) I can performs a series of basic square dance steps.
- 3) I can perform a variety of skills such as volleying to self and others, dribbling with hands and/or feet, striking objects to self and others using racquets, and jumping a self-turned rope.
- 4) I can perform the skills of pivoting, throwing, catching a ground ball, and a lay-up in basketball.
- 5) I can explain the difference between offense and defense.
- 6) I can accept feedback from others to help improve performing striking, dribbling, throwing, catching, and other sport skills.
- 7) I can meet the healthy fitness zones for each of the fitness tests performed.
- 8) I can monitor my target heart rate.
- 9) I can participate 4-5 days per week, for increasing periods of time, in continuous moderate to vigorous physical activities to increase breathing and heart rate.
- 10) I can accepts responsibility for one's own performance without blaming others.