

Lemont-Bromberek Combined School District 113A

Fourth Grade Physical Development and Health Goals

Students will:

Health-Enhancing Physical Activity

- Demonstrate movements found in dances or other rhythmic activities.
- Perform striking, dribbling, throwing and catching skills in various activities.
- Demonstrate trapping skills. (R)
- Perform goalie skills. (I)
- Demonstrate jumping hurdles and passing a baton. (I)
- Describe body coordination concepts that apply to sport skills (transfer weight, opposition, force, follow through). (R)
- Integrate the knowledge of rules, boundaries and safe use of equipment. (R)
- Integrate knowledge and identification of strategies. (I)
- Comprehend safety knowledge and identify strategies to assure safety when participating in physical activities.

Physical Fitness/Self-Assessment

- Name the benefits derived from participation in a physical fitness program. (I)
- **Recognize a variety of fitness programs. (M)**
- Monitor individual heart rate before and during physical activity. (I)
- Understand fitness assessments for each component of fitness. (R)
- Identify numerous activities related to each component of physical fitness and their goals. (I)

Team Building

- **Accept responsibility for actions in game situations. (M)**
- **Demonstrate safe practice of all games and sports. (M)**
- Exhibit on task behavior for the day's physical activity. (R)
- Demonstrate cooperative skills with peers for different sport settings. (R)
- Participate in many team sports and games contributing to a common goal.

Health Promotion and Safety

- Recognize symptoms of illness that require attention from an adult. (I)
- Demonstrate knowledge of healthy habits for living a healthy life. (R)
- Recognize the importance of using sunscreen to prevent skin cancer. (I)
- Use the MyPlate concept (USDA) to identify components of a healthy meal that includes the five food groups. (R-State Mandate)
- Discuss the impact of nutrition choices on general health. (R-State Mandate)
- Identify and practice safe procedures related to bus transportation. (R-State Mandate)
- Recognize the danger of and avoid abduction. (R-State Mandate, Lemont Police Department may provide assistance with instruction)
- Recognize methods for the prevention and avoidance of alcohol, drug and substance abuse. (R-State Mandate, Lemont Police Department may provide assistance with instruction)
- Recognize consequences of alcohol, drug and substance abuse. (R-State Mandate, Lemont Police Department may provide assistance with instruction)
- Recognize the consequences of being involved in an exclusive group (precursor to "gang") through development of conflict resolution, cultural sensitivity, personal goal setting and the

resistance of peer pressure. (R-State Mandate, Lemont Police Department may provide assistance with instruction)

- Identify Internet threats, risks and safety strategies related to child predators, fraud and other dangers. (R-State Mandate)
- Develop an age-appropriate awareness about sexual abuse, assault and prevention. (State Mandate).