





Name: _____

Physical Education: _____

Skip Fourth Grade Benchmark: Demonstrate mature form while skipping in time to various tempos provided by the instructor and in various pathways.

Step-Hop	Swing Knee Swing Arm	Skip to Music	Skip on Path
			
Steps forward. Pushes off with toes	Swings knee upward. Swings opposite arm forward	Skips in time to slow, moderate, and fast tempo music	Changes directions and avoids obstructions

- 4=S
- 3=G
- 2=G
- 1=G
- 0=G

Report Card Scoring Key

Total Score for Motor Skills:





MS – Meeting Standard (**S** on each motor skill)

OT – Approaching – On Target (at least one **S** on a motor skill)

AS – Approaching w/ support (some parts of each motor skill)

NY – Not Yet

Foot Dribble Fourth Grade Benchmark: Demonstrate mature form when dribbling a ball along a curved pathway and maintaining control at moderate to fast speeds for 75 feet.

Tap In/Out Tap Ahead	Step Tap Ahead	Look Ahead	Ball Close Around Cones
			
Turns toe and taps ball with side of foot 1. Projects ball 2-3' ahead within 3' of the midline	Shifts weight to foot 1. Redirects ball by tapping with foot 2	Keeps head up and looks forward	Dribbles around cones while keeping body between cone and ball

- 4=S
- 3=G
- 2=G
- 1=G
- 0=G

Individual Score for Motor Skills:

S = Strength (score of 4 on a motor skill)

G = Growth opportunity (score of 3,2,1,or 0 on a motor skill)

Knowledge and Skills:

MS – Meeting Standard (Actively participates, can identify skills)

OT – Approaching – On Target

AS – Approaching Standard

NY – Not Yet

Personal-Social Skills:

Follows rules and procedures while demonstrating responsible behavior that respect self and others.

C - Consistently

U -Usually

O – Occasionally





N – Not Yet

W – Area of Weakness

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Underhand Throw Fourth Grade Benchmark: Demonstrate mature form when throwing a ball underhand so it hits a four-foot-square target, centered three feet above the ground, from a distance of 25 feet, three consecutive times.

Step Toward Target Arm/Wrist Back	Rock Forward Arm Forward	Finish High	Hit Target
			
Swing arm backward and extend wrist while stepping with opposite	Transfers weight to opposite foot as arm swings forward	Follows through well beyond release point and in line with target	Ball hits target (25') three times in a row

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U -Usually

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N – Not Yet

W – Area of Weakness

Overhand Throw Fourth Grade Benchmark: Demonstrate mature form when throwing a ball so it hits a six-foot-square target centered four feet above the ground from a distance of 40 feet.

Turn to T Position Look at Target	Twist Toward Target Twist Quickly	Finish Toward Target	Hit Target
			
Pivots on back foot. Extends arms. Steps with opposite foot	Rotates quickly. Extends elbow.	Follows through	Ball travels 40 feet in the air and hits target

- 4=S
- 3=G
- 2=G
- 1=G
- 0=G