

	4 th Grade Skills Assessments:	Michigan State Standards	Date Introduced	Date Completed
1	4th Grade: Leap: **I can run and leap 40 inches or more and continue to run at a moderate speed, taking off from each foot 2 consecutive times.	(MMC.1,2,5,8,9,10)(MMS.2)(KMS.4)(MOP.1,2)(KFB.1)(KMC.12)(APE.1)(BRP.2)		
2	4th Grade: Aerobic Fitness: **I can build up my aerobic fitness to meet the standards of 11minutes for boys and 12:15 minutes for girls.	(MMC.10) (BRP.2) (MMS.6)(KRA.1) (KRP.2)(KHR.2) (APA.1)(AHR.2)		
3	4th Grade: Hand Dribble: **I can dribble around cones keeping ball outside, and eyes forward, through a Curved Pathway. (2 turns to the right and 2 turns to the left without losing control)	(MMC.7,9)(MOP.1,3)(MIG.1)(KMC.14)(KMS.4)(APE.1)(BRP.2)(KIG.1).		
4	4th Grade: Hop: **I can hop in time to slow, moderate and fast tempos, 8 consecutive times on each foot, 2 consecutive times.	(MMC.1,2,4,6,8,9,11)(MMS.2)(KMS.2)(MOP.1,2)(KMC.12)(APE.1)(BRP.2)		
5	4th Grade: Instep Kick **I can use correct form when kicking a ball 40 feet and hitting a target 15 feet wide by 8 feet high while running at moderate speed, 3 consecutive times.	(MMC.5,9)(MMS.4) (MOP.1,3)(MTG.1) (MSG.1)(KMC.14) (KMS.4)(KTG.1) (KSG.1)(APE.1) (BRP.2)		
6	4th Grade: Underhand Strike: **I can strike a ball so it reaches a height of at least 7 feet, travels a distance that exceeds 40 ft. and lands in 1 or 2, 10 foot square targets marked on the floor, 3 consecutive times.	MOP.1,3)(KMC.14)(KMS.4)(KTG.1)(MTG.1)(MIG.1)(MNG.1) (KIG.1)(KNG.1)(APE.1)(BRP.2) (MMC.5,7,9)(MMS.4)(
7	4th Grade: Catch Fly Balls: **I can catch a ball thrown within 5 ft of either side of me, from 20 ft away, at a height of 10 ft, 3 consecutive times.	(MMC.3)(MMS.4)(MOP.1,3)(KMC.3)(KMS.4)(APE.1)(BRP.2)		
8	4th Grade Ab/Low Back Strength: Abdominal Curl: **I can demonstrate an appropriate level of abdomen and low back strength and endurance. Females: 24 Males: 26	(MMC.10)(MMS.1)(KMS.1)(KHR.3) (AHR.3)(KAN.3)(AAN.2)		
9	4th Grade: Ab/Low Back Strength: Sitting Up Exercise: ** I can do the sitting up exercise according to the following standards: Girls – 24 Boys – 26	(MMC.10)(MMS.1)(KMS.1)(KHR.3)(AHR.3)(KAN.3)(AAN.2)		
10	4th Grade Vertical Jump: **I can do a vertical jump in combination with a step and taking off from 2 ft. Girls: 8 inches Boys: 8.5 inches	(MMC.1,2,5,8,9)(MMS.1)(KMS.1,2) (MOP.1,2)(KMC.1,2)(APE.1)(BRP.2)		
11	4th Grade : Ab/Low Back Strength: Abdominal Rotation **I can do the appropriate amount of Abdominal Rotations according to the standards. Girls: 12 Boys: 13	(MMC.10)(MMS.1) (KMS.1)(KHR.3) (AHR.3)(KAN.3) (AAN.2)		
12	4th Grade: Arm/Shoulder Strength: **I can demonstrate an appropriate level of upper arm strength and endurance while doing the Modified Push-up (repetitions) Girls: 8 Boys: 14	(MMC.10)(MMS.1)(KMS.1)(KHR.3)(KAN.3)(AHR.3)(AAN.2)		
13	4th Grade: Arm/Shoulder Strength: **I can demonstrate an appropriate level of upper arm strength and endurance while doing the Regular Push-Up) Girls: 5 Boys: 9	(MMC.10)(MMS.1)(KMS.1)(KHR.3)(KAN.3)(AHR.3)(AAN.2)		

14	4th Grade: Arm/Shoulder Strength: **I can demonstrate an appropriate level of upper arm strength and endurance while doing the Flexed-Arm Hang) Girls: 8 Boys: 10	(MMC.10)(MMS.1)(KMS.1)(KHR.3)(KAN.3)(AHR.3)(AAN.2)		
15	4th and 5th Grade Hip/Low Back Flexibility: Lying Back Stretch (Low Back) **I can demonstrate the Lying Back Stretch, holding the stretch for 30 seconds, 2 consecutive times.	(MMC.10)(MMS.1)(KMS.1)(KHR.4)(KAN.3)(AAN.3)		
16	4th Grade: Lift and Carry Posture **I can lift a 5-10 pound box, carry it at least 30 feet and then lower it to the floor, 2 consecutive times.	(MMC.4,9)(MOP.1,3)(KMC.14)(APE.1)(BRP.2)		
17	4th Grade: Underhand Throw: **I can toss a 3-5 inch ball and hit a 4ft square target, centered 3 ft above the ground, from 25 feet, 3 consecutive times.	(MMC.1,5,7,9)(MMS.3)(MOP.1,3)(MTG.1)(MIG.1)(KMC.14)(KTG.1)(KIG.1)(APE.1)(BRP.2)		
18	4th Grade: Beneficial Effects of Physical Activity: I can increase aerobic activities: 60 minutes almost every day of the week will give me more energy to do the activities I enjoy. Assessment: Worksheet	(KPA.1)(KAN.1,2,3)(KRP.1)(KSB.1)(KID.1)(KFE.1)(APA.1)(AAN.1,4)(BRP.1)(BFE.1)		
19	4th and 5th Grade Horizontal Jump: ** I can perform the running long jump (running in combination with a horizontal jump from a one-foot take-off.) Girls: 49 inches Boys: 50 inches	(MMC.1,5,8,9)(MMS.1)(MOP.1,2)(KMC.12)(KMS.2)(APE.1)(BRP.2)		
20	4th Grade: Responsibility **I can name the last 3 behavioral indicators for responsibility and demonstrate responsibility for others most of the time (70-89% of the time) when learning, practicing and participating in physical activity.	(KPS.01)(BPS.01) (Accept Consequences, Be Honest, Admit Mistakes)		
21	4 th Grade: Respect **I can name the last 3 behavioral indicators for respect and demonstrate respect for others most of the time (70-89% of the time) when learning, practicing and participating in physical activity. (Keep others safe, Encourage Others, and Accept and Use Feedback)	(KPS.01)(BPS.01)(KFB.01)(KID.03)(BFB.01)		
22	4th Grade Foot Dribble **I can dribble a ball 75 feet (or length of activity area), while running at moderate to fast speed and maintaining control, 2 consecutive times.	(MTG.1)(MIG.1)(KTG.1)(KIG.1)(BRP.2)(MMC.4,9)(MOP.1,3)(MMS.4)(KMC.14)(KMS.4)(APE.1)(BFB.1)(KFB.1)		
23	4th Grade: Forehand Strike: **I can strike a self-dropped ball so it travels 35 ft in the air, 3 consecutive times.	(APE.1)(BRP.2)(MMC.5,7,9)(MMS.4)(MOP.1,4)(MTG.1)(MNG.1)(KTG.1)(KMC.14)(KMS.4)(KNG.1)		
24	4th Grade: Batting: **I can hit a lightweight ball off a batting tee, 3 consecutive times.	(MMC.2,8)(MOP.1,3)(KMC.2,8)(APE.1)(BRP.2)		
25	4th Grade: Catch Rolling Balls: **I can use the step-slide lateral movement, when catching a ball rolling at moderate speed from 40 feet to a point within 5 ft of the student's initial position, 3 consecutive times.	(MMC.5,9)(MMS.4)(MOP.1,3)(MIG.1)(KIG.1)(MSG.1)(KSG.1)		
26	4th Grade: Run: **I can use correct form when running 90 ft at a time equal or faster to the following standards: Girls: 5.5 sec Boys: 5.3 sec	(MMC.2,6,8)(MMS.2)(KMS.2)(MOP.1,2)(KFB.1)(KMC.2,6,8)(APE.1)(BRP.2)		
27	4th Grade: Overhand Throw **I can throw a tennis ball overhand at a 6 ft. target centered 4 feet above the ground at least 40 ft., 3 consecutive times.	(MMC.1,5,7,9)(KMC.14)(APE.1)(BRP.2)(KMS.3)(MMS.3)(KMC.14)(MOP.1,3)(MTG.1)(MIG.1)(KTG.1)(KIG.1)		

4TH grade take home skills assessment sheet:

Students can work on the following skills at home. Students should log onto <http://kimlondo.weebly.com/skills-video.html> and click on the skill link. The students can practice the information stated on the link at home and then upload a video of themselves doing the skill. To upload the video, please click on the Video Skills Submission page for directions. Then attach the video link and fill in the information. I will watch the video and if the student has successfully completed the skill I will mark them down as completed.

Name _____ Grade _____ Teacher _____

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