

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 _____

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)		
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)		
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)		
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)		