4th and 5th Grade Physical Education “I Can Statements.”

I CAN!

1. Demonstrate understanding in a variety of motor skills and movement patterns by throwing, running and catching correctly.
2. Use spatial awareness and offensive and defensive strategies through classroom participation.
3. Participate in a Pre-Test and Post-Test for a Fitness Test and explain the differences and importance in the 4 Components of Fitness.
4. Demonstrate responsibility in class through respecting myself and others.
5. Demonstrate sportsmanship and kindness during classroom participation.
6. Apply literacy skills through writing the Fitness Components and explaining each of them.
7. Tell why hydration and nutrition are important in everyday life and physical activities.
8. Identify body systems.