Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade 4 Physical Education Expectations Homework

State Goal 19: Acquire movement and motor skills and understands concepts needed to engage

In moderate to vigorous physical activity.

Standard C: Demonstrate knowledge of rules, safety and strategies during physical activities

19. C.1a Demonstrate safe movement in physical activities

Physical Education Expectation Homework

Circle the correct answer:

1. When first entering the gymnasium, what is the color of the line you walk on to go to

 your pod space?

 a. yellow b. blue c. black d. orange

1. You have entered the gym and are at you Pod Space. What are you supposed to be doing in you pod space?
2. Follow your leader and do the All-Star Energizer exercises.
3. Talk to your neighbor
4. Sit and wait for instructions.
5. Go to your Pod Pockets

3. When the whistle is blown or the music stops what you need to do with your body.

1. Stop-Freeze, Look and Turn at the teacher, and Listen.
2. Keep on doing the activity you were doing.
3. Sit down right away.
4. Go to your Pod Space
5. When I give instructions and information, the class sits in a special formation. What is the name of the formation?

a. Square formation b. Information formation c. Friendship circle d. Recording Centers

1. The correct type of athletic shoes required for physical education class are

a. boots b. Tied or Velcro athletic shoes c. slip on shoes d. flip flops

1. Any time someone gives you something. For example a piece of equipment. What are you supposed to say to that person?
2. Oh Wow, I got it. b. Thank you! If not, you will not receive the equipment.
3. Hurray! d. Just start using whatever was given to you.
4. When you have a conflict with someone, where are you supposed to go to solve that conflict?
5. The table b. Conflict Corner c. Pod Pockets D. Recording Center
6. What is the fastest way to solve a conflict?
7. Yell at the person b. Rock, Paper, Scissors c. Tell the teacher
8. What is your goal you need to reach each day when you wear your pedometer in physical education class?
9. 1,200 steps b. 1,000 steps c. 2,800 steps d. 1,500 steps

1. What is the name of the area where you record all your steps?
2. Recording center b. Pod space c. Information Formation d. Fitness Center
3. Consequences for breaking the expectations (rules) your first time is a

 a. First warning b. Out for the entire class

c. Sit at the table d. Write down what expectation you did not

 follow.

1. Consequences for breaking the expectations (rules) the second time is

a. Another warning. b. Sit and read the expectation review sheet and come back when you are ready.

c. Sit at the table d. Write down what expectation you did not

 follow.

1. Consequences for breaking the expectation (rules) the third time is
2. Sit out at the expectation review area for the rest of the class.
3. Sit at the table
4. Another warning
5. Write down what expectation you did not follow.