

## Grade 4 Physical Education and Wellness Learning Outcomes for Reporting – Tracking Document

\*Learning Outcomes for the reporting document are parent friendly versions of the Learning Outcomes found in the curricular documents.

PS Code	Physical Education and Wellness Parent Friendly Learning Outcomes with HPSPs	S1	S2
4LO.PEW.01	<p><b>Examine how choices in physical activities affects active living</b> <i>4LO.1 Active Living</i></p> <ul style="list-style-type: none"> <li>• <b>Investigate</b> how the choice of physical activity may change over time in relation to various factors.</li> <li>• <b>Experience</b> and <b>reflect</b> upon the benefits of building knowledge, skills, and confidence through a variety of physical activities.</li> <li>• <b>Participate</b> in a variety of physical activities that develop various components of physical fitness.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
4LO.PEW.02	<p><b>Implement strategies and tactics in a variety of physical activities</b> <i>4LO.2 Movement Skill Development</i></p> <ul style="list-style-type: none"> <li>• <b>Practise</b> offensive and defensive strategies and tactics in a variety of physical activities.</li> <li>• <b>Modify</b> strategies and tactics based on changing game situations.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
4LO.PEW.03	<p><b>Experiment with elements of movement to support physical activity</b> <i>4LO.3 Movement Skill Development</i></p> <ul style="list-style-type: none"> <li>• <b>Perform</b> elements of movement when receiving, sending, and retaining an object using various parts of the body and equipment.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
4LO.PEW.04	<p><b>Connect and demonstrate how teamwork enhances participation</b> <i>4LO.4 Movement Skill Development</i></p> <ul style="list-style-type: none"> <li>• <b>Reflect</b> on contributions made during team activities.</li> <li>• <b>Demonstrate</b> effective teamwork strategies during physical activity.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>

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4LO.PEW.05	<b>Interpret how resilience and perseverance can be influenced by life experiences</b> <i>4LO.5 Character Development</i> <ul style="list-style-type: none"> <li>• <b>Describe</b> strategies that support resilience.</li> <li>• <b>Explain</b> how perseverance affects skill development and motivation.</li> <li>• <b>Create</b> a plan to identify self-regulation resources that can be accessed when needed.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
4LO.PEW.06	<b>Analyze responsibility and how it can impact personal and group safety</b> <i>4LO.6 Safety</i> <ul style="list-style-type: none"> <li>• <b>Describe</b> responsibility and its impact on personal and group safety in a variety of contexts.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
4LO.PEW.07	<b>Examine nutrition and how it informs decision making about food</b> <i>4LO.7 Healthy Eating</i> <ul style="list-style-type: none"> <li>• <b>Explain</b> the effect of nutrition on well-being.</li> <li>• <b>Identify</b> sources of credible nutritional information to determine the requirements for balanced food choices.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
4LO.PEW.08	<b>Explain conflict resolution and connections to healthy relationships</b> <i>4LO.8 Healthy Relationships</i> <ul style="list-style-type: none"> <li>• <b>Describe</b> strategies that can be used to support resolution to a problem, conflict, or challenge.</li> <li>• <b>Recognize</b> harmful bullying behaviours.</li> <li>• <b>Identify</b> actions that can be taken when bullying occurs.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
4LO.PEW.09	<b>Examine factors that influence spending</b> <i>4LO.11 Financial Literacy</i> <ul style="list-style-type: none"> <li>• <b>Consider</b> a variety of factors when making decisions about spending money.</li> <li>• <b>Describe</b> the purpose of various banking practices.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>

