

Grade 3

Adopted 2011

Physical Education and Leisure

1: Motor Skills and Movement Patterns: Students shall demonstrate proficiency in motor skills and movement patterns needed to perform a variety of activities.

Spatial Awareness

1. Demonstrate directional movements [PEL.1.3.1](#)

Locomotor and Non-Locomotor Movements

2. Practice locomotor movements in a variety of games [PEL.1.3.2](#)

Rhythms and Dance

3. Perform rhythmical sequences [PEL.1.3.3](#)

Manipulative Skills

4. Throw an object overhand and underhand using a mature pattern [PEL.1.3.4](#)
5. Catch a variety of objects at different levels with a partner using a mature pattern [PEL.1.3.5](#)
6. Dribble in control with either hand while moving using a mature pattern [PEL.1.3.6](#)
7. Step toward and strike a moving object using a mature pattern [PEL.1.3.7](#)
8. Volley a light-weight ball to self or partner using a mature pattern [PEL.1.3.8](#)
9. Dribble a ball around moving obstacles with both feet using a mature pattern [PEL.1.3.9](#)
10. Demonstrate a mature pattern of kicking using a variety of kicks and a variety of objects [PEL.1.3.10](#)

2: Movement Concepts: Students shall understand movement concepts, principles, and strategies that apply to the performance of physical activity.

Body Awareness

1. Identify and locate major muscle groups:
 - bicepstricepsquadricepsabdominalshamstringscalf musclesgluteus muscles PEL.2.3.1
 - 2. Identify and locate the major bones in the skeletal system:
 - craniumvertebraeribshumerusradiusulnapelvisfemurfibulatibiaphalanges PEL.2.3.2

Spatial Awareness

3. Practice group games with appropriate equipment within boundaries PEL.2.3.3

Locomotor and Non-Locomotor Movement

4. Create and demonstrate three (3) or more movement sequences while smoothly combining locomotor and non-locomotor skills PEL.2.3.4

Rhythms and Dance

5. Create rhythmical sequences PEL.2.3.5

Knowledge and Strategies

6. Participate in modified games that utilize basic motor skills PEL.2.3.6

Academic Integration

7. Understand that aerobic exercise results in a faster cognitive response PEL.2.3.7

3: Health-Related Fitness: Students shall understand how health-related fitness can improve individual health.

Cardiorespiratory Endurance

1. Locate areas on the body where a pulse can be found [PEL.3.3.1](#)
2. Maintain continuous aerobic activity for a specific time [PEL.3.3.2](#)
3. Sustain aerobic activity for continuously longer periods of time while participating in chasing, fleeing, or traveling activities [PEL.3.3.3](#)
4. Participate in an age-appropriate activity, exercise, or game that encourages pacing to develop cardiorespiratory endurance [PEL.3.3.4](#)
5. Understand that the Body Mass Index (BMI) is a screening tool using height and weight measurement [PEL.3.3.5](#)
6. Understand that calories determine the amount of energy the body can expend for various physical activities [PEL.3.3.6](#)

Flexibility

7. Perform a variety of flexibility exercises correctly [PEL.3.3.7](#)

Muscular Strength and Endurance

8. Practice physical activities that make the muscles work harder [PEL.3.3.8](#)
9. Practice activities that make the muscles work continuously [PEL.3.3.9](#)

Student Fitness Outcomes

10. Participate in a nationally recognized health-fitness assessment:
 - cardiorespiratory endurancebody compositionmuscular strength and enduranceflexibility [PEL.3.3.10](#)

4: Lifetime Activities and Recreation: Students shall understand the importance of health benefits and enjoyment from participating in lifetime recreational activities.

Benefits of Lifetime Activities

1. Participate in class discussion about health-related fitness activities as they relate to cardiorespiratory endurance [PEL.4.3.1](#)

Lifetime Sports and Recreation

2. Practice a variety of sports and recreational/leisure activities [PEL.4.3.2](#)

5: Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior that respects self and others in physical activity settings.

Personal Behavior

1. Express personal feelings on progress made while learning a new skill [PEL.5.3.1](#)
2. Demonstrate behaviors that communicate care, consideration, and respect of self and others [PEL.5.3.2](#)

Social Behavior

3. Demonstrate collaboration with others to accomplish a goal [PEL.5.3.3](#)
-

Health and Wellness

6: Human Growth and Development Students shall understand characteristics relating to growth and development.

Body Systems

1. Identify the basic functions of the following systems:
 - digestive
 - circulatory
 - respiratory
 - muscular
 - skeletal
 - nervous[HW.6.3.1](#)

Growth

2. Recognize ways heredity affects human growth and development [HW.6.3.2](#)
-

7: Disease Prevention: Students shall understand components related to disease prevention and exhibit behaviors to promote health.

Communicable and Noncommunicable Diseases

1. Define common communicable diseases [HW.7.3.1](#)
 2. Apply skills to prevent and control the spread of disease [HW.7.3.2](#)
 3. Identify types of parasites that infect the body [HW.7.3.3](#)
-

8: Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.

Health Information, Services, and Products

1. Discuss how to locate community health services used by individuals and families [HW.8.3.1](#)

Environmental and Community Health

2. Describe ways to promote a healthy environment:
 - recycle
 - reduce
 - respect
 - reuse[HW.8.3.2](#)

Media and Technology

3. Examine how media/advertising influences:
 - thoughts
 - feelings
 - health behaviors[HW.8.3.3](#)

9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

Decision Making

1. Examine general rules and predict consequences of choices at:
 - schoolhomecommunity HW.9.3.1
 - 2. Practice various ways in which to resolve conflict using positive behavior HW.9.3.2

Interpersonal Relationships

3. Develop skills that promote positive relationships HW.9.3.3
4. Identify verbal and nonverbal methods of communication HW.9.3.4

10: Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

Medicine

1. Identify prescription and over-the-counter medicine HW.10.3.1
2. Discuss safe procedures for using prescription and over-the-counter medicine HW.10.3.2

Tobacco

3. Recognize that harmful chemicals are found in tobacco products HW.10.3.3
4. Identify consequences of the use of tobacco HW.10.3.4

Alcohol

5. Identify physical consequences of the overuse of alcoholic beverages HW.10.3.5
6. Recognize addiction as both a physical and psychological consequence of alcohol abuse HW.10.3.6

Other Drugs

7. Identify illegal drugs HW.10.3.7
8. Practice ways to avoid tobacco, drug, and alcohol use HW.10.3.8

11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

Personal Health

1. Identify unhealthy behaviors that express certain emotions and develop skills to cope effectively [HW.11.3.1](#)
2. Identify personal stressors and positive ways to manage stress [HW.11.3.2](#)
3. Discuss ways to improve or maintain overall hygiene [HW.11.3.3](#)

Oral Health

4. Understand causes of tooth decay and how to prevent cavities [HW.11.3.4](#)
5. List types of sugary foods:
 - stickyhardliquid/sodas[HW.11.3.5](#)
6. Discuss practices for maintaining healthy teeth:
 - brush twice a dayfloss every dayeat nutritious foods [HW.11.3.6](#)
 - 7. Describe the structure of the mouth and teeth [HW.11.3.7](#)

Safety

8. List safety procedures for lifetime activities [HW.11.3.8](#)
9. Demonstrate the appropriate response to emergency situations [HW.11.3.9](#)

Violence

10. Identify abuse and assault as a form of violence [HW.11.3.10](#)
11. Identify sources to report abuse, bullying, violence, and injury [HW.11.3.11](#)
12. Identify various behaviors associated with abuse, bullying, violence, and injury [HW.11.3.12](#)

12: Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.

Healthy Eating Habits

1. Plan a healthy snack using nutritional guidelines (Refer to: ChooseMyPlate, USDA, CDC, Cooperative Extension Office) [HW.12.3.1](#)
2. Define healthy weight and the factors that affect a person's weight:
 - agegenderheightfamilysocietyactivity levelillness [HW.12.3.2](#)
 - 3. Identify food choices that promote health and help prevent disease [HW.12.3.3](#)

Food and Nutrition

4. Explain how the body uses major nutrients [HW.12.3.4](#)
5. Discuss a food source for each of the major nutrients [HW.12.3.5](#)
6. Describe why the body needs water:
 - identify sourcesrecommended daily amountadequate hydration [HW.12.3.6](#)
 - 7. Identify the information provided on the Nutrition Facts Label [HW.12.3.7](#)
 - 8. Describe the relationship between serving size and servings per container [HW.12.3.8](#)
 - 9. Demonstrate how to use nutritional guides to make healthy choices:
 - follow recommended servingsdefine a single serving from each food group [HW.12.3.9](#)