

Third Grade

Demonstrate competency in a variety of motor skills and movement patterns.

Locomotor

- 1 Perform, alone and with others, a variety of locomotor movements at different levels and in different pathways and directions, with and without equipment. [3.1.L1](#)

Non-Locomotor

- 1 Apply non-locomotor skills in various activities using different body parts, shapes and levels, with and without equipment. [3.1.NL1](#)

Body Management

- 1 Perform a variety of controlled transitions in movement, with and without equipment. [3.1.BM1](#)
- 2 Transfer weight to different body parts for momentary weight support. [3.1.BM2](#)

Manipulative Skills

- 1 Demonstrate manipulative skills using a variety of objects with a partner by demonstrating appropriate performance cues [3.1.MS1](#)

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Space

- 1 Apply the concepts of general and personal space to movement. [3.2.SP1](#)

Speed, Direction and Force

- 1 Apply the movement concepts of speed and force in a variety of activities. [3.2.SD1](#)

Strategy

- 1 Apply simple strategies and tactics in a variety of activities [3.2.ST1](#)

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge

- 1 Describe the benefits of participating in physical activity every day. [3.3.PA1](#)

Physical Fitness Knowledge

- 1 Discuss strategies for using skills learned in physical education in a variety of settings to meet physical activity guidelines [3.3.PF1](#)
- 2 Identify the components of health related fitness [3.3.PF2](#)

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Nutrition

- 1 Identify a variety of nutritious food choices from each food group that will help balance the body before and after physical activity. 3.3.N1

Social Interactions/Working with Others

- 1 Work cooperatively and communicate positively with others in physical education, regardless of skill level. 3.4.SW1

Rules and Etiquette

- 1 Recognize and follow the established rules, protocols and etiquette in physical education. 3.4.RE1

Safety

- 1 Follow teacher directions for safe participation and proper use of equipment, independently and with others. 3.4.SA1

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- 1 Explain the health benefits of participating in physical activity. 3.5.H1

Challenge

- 1 Discuss the challenge that comes with learning new activities. 3.5.C1

Self-Expression and Enjoyment

- 1 Explain how physical activities are enjoyable. 3.5.SE1

Social Interaction

- 1 Explain how physical activity provides opportunity for social interaction. 3.5.SI1

Advocacy

- 1 Encourage peers to be physically active. 3.5.A1