

Grade 3

Adopted 2015

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

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- 3. Leaps using a mature pattern.** S1.E1.3
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- 3. Travels showing differentiation between sprinting and running** S1.E2.3
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- 3. Jumps and lands in the horizontal plane using a mature pattern.** S1.E3.3
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- 3. Jumps and lands in the vertical plane using a mature pattern.** S1.E4.3
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- 3. Performs teacher-selected and developmentally appropriate rhythmic activities/dance steps and movement patterns.** S1.E5.3
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- 3. Performs a sequence of locomotor skills, transitioning from one skill to another smoothly and without hesitation (e.g., hop, skip, jump forward/backward).** S1.E6.3
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- 3. Balances on different bases of support, demonstrating muscular tension and extensions of free body parts.** S1.E7.3
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- 3. Transfers weight from feet to hands for momentary weight support.** S1.E8.3
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- 3. Applies skill.** S1.E9.3
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- 3. Moves into and out of gymnastics balances with curling, twisting and stretching actions.** S1.E10.3
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- 3. Combines locomotor skills and movement concepts (e.g., levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance/rhythmic movement.** S1.E11.3
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- 3. Combines balance and weight transfers with movement concepts to create and perform a dance/rhythmic movement.** S1.E12.3
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- 3. Throws underhand to a partner or target with reasonable accuracy.** S1.E13.3
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- 3. Throws overhand, demonstrating three of the five critical elements of a mature pattern, in nondynamic environments (closed skills), for distance and/or force.** S1.E14.3
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- 3. Catches a gently tossed hand-sized ball from a partner, demonstrating four of the five critical elements of a mature pattern.** S1.E16.3

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- 3. Dribbles and travels in general space at slow to moderate jogging speed with control of ball and body.** S1.E17.3
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- 3. Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.** S1.E18.3
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- 3. Passes and receives a ball with the inside of the foot to a stationary partner, "giving" on reception before returning the pass.** S1.E19.3
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- a. Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating four of the five critical elements of a mature pattern for each.** S1.E21.3.A
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- b. Uses a continuous running approach and kicks a stationary ball for accuracy.** S1.E21.3.B
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- 3. Volleys an object with an underhand or sidearm striking pattern, sending it forward over a net, to the wall or over a line to a partner, while demonstrating four of the five critical elements of a mature pattern.** S1.E22.3
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- a. Strikes an object with a short-handled implement, sending it forward over a low net or to a wall.** S1.E24.3.A
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- b. Strikes an object with a short-handled implement while demonstrating three of the five critical elements of a mature pattern.** S1.E24.3.B
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- 3. Strikes a ball with a long-handled implement, sending it forward, while using proper grip for the implement (e.g., hockey stick, bat, golf club).** S1.E25.3
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- 3. Performs intermediate jump-rope skills (e.g., a variety of tricks, running in and out of long rope) for both long and short ropes.** S1.E27.3
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Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

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- 3. Recognizes the concept of open spaces in a movement context.** S2.E1.3
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- 3. Recognizes locomotor skills specific to a wide variety of physical activities.** S2.E2.3
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- 3. Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.** S2.E3.3
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- a. Employs the concept of alignment in gymnastics and dance.** S2.E4.3.A
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- b. Employs the concept of muscular tension with balance in gymnastics and dance.** S2.E4.3.B
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- a. Applies simple strategies and tactics in chasing activities.** S2.E5.3.A
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- b. Applies simple strategies in fleeing activities.** S2.E5.3.B
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Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- a. Charts participation in physical activities outside physical education class (e.g., indoor and outdoor recess). S3.E1.3.A**

- b. Identifies physical activity benefits as a way to become healthier. S3.E1.3.B**

- 3. Engages in the activities of physical education class without teacher prompting. S3.E2.3**

- 3. Describes the concept of fitness and provides examples of physical activity to enhance fitness. S3.E3.3**

- 3. Recognizes the importance of warm-up & cool-down relative to vigorous physical activity. S3.E4.3**

- 3. Demonstrates, with teacher direction, the health-related fitness components S3.E5.3**

- 3. Identifies foods that are beneficial for before and after physical activity. S3.E6.3**

Exhibits responsible personal and social behavior that respects self and others.

- 3. Exhibits personal responsibility in teacher-directed activities. S4.E1.3**

- 3. Works independently for extended periods of time. S4.E2.3**

- 3. Accepts and implements specific corrective teacher feedback. S4.E3.3**

- a. Works cooperatively with others. S4.E4.3.A**

- b. Recognizes others for their success/effort in movement performance. S4.E4.3.B**

- 3. Recognizes the role of rules and etiquette in physical activity with peers. S4.E5.3**

- 3. Works independently and safely in physical activity settings. S4.E6.3**

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

- 3. Discusses the relationship between physical activity and good health. S5.E1.3**

- 3. Discusses the challenge that comes from learning a new physical activity. S5.E2.3**

- 3. Reflects on the reasons for enjoying selected physical activities. S5.E3.3**

- 3. Describes the positive social interactions that come when engaged with others in physical activity. S5.E4.3**