

# Grade 3

Adopted 2016

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

- 3. Leaps using a mature pattern.** S1.E1.3

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- 3. Travels showing differentiation (pacing) between jogging and sprinting.** 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 dance steps in 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.** 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 skills.** S1.E9.3

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- 3. Moves into and out of gymnastic balances with twisting, curling, and stretching actions.** S1.E10.3

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- 3. Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance.** S1.E11.3

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- 3. Developmentally appropriate/emerging outcomes first appear in grade three.** S1.E12.3

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- 3. Throws underhand and overhand to a partner or target with reasonable accuracy. Demonstrates three of the five critical elements in non-dynamic environments for distance and force.** S1.E13.3

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- 3. Developmentally appropriate/emerging outcomes first appear in grade four.** S1.E14.3

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- 3. Catches a gently tossed hand-sized ball or object from a partner while demonstrating four of the five critical elements of a mature pattern.** S1.E15.3

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**3. Dribbles and travels in general space at a slow to moderate speed with control of ball and body. S1.E16.3**

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**3. Dribbles with the feet in general space at slow to moderate jogging speed with control of the ball and body. S1.E17.3**

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**3. Passes and receives the ball with the insides of the feet to a stationary partner, "giving" on reception before returning the pass. S1.E18.3**

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**3. Developmentally appropriate/emerging outcomes first appear in grade four. S1.E19.3**

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**3a. 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 skill. S1.E20.3A**

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**3b. Uses a continuous running approach and kicks a stationary ball for accuracy. S1.E20.3B**

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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 (face target, opposite foot forward, flat surface with hand for contact of the ball, contact with the ball, follow through). S1.E21.3**

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**3. Developmentally appropriate/emerging outcomes first appear in grade four. S1.E22.3**

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**3a. Strikes an object with a short-handled implement sending it forward over a low net or to a wall. S1.E23.3A**

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**3b. Strikes an object with a short-handled implement while demonstrating three of the five critical elements of a mature pattern. S1.E23.3B**

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**3. Strikes a ball with a long-handled implement (e.g., hockey stick, bat, golf club) sending it forward while using proper grip for the implement. S1.E24.3**

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**3. Developmentally appropriate/emerging outcomes first appear in grade four. 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.E26.3**

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**Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.**

**3. Recognizes the concept of open spaces and 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 directed by the teacher.** S2.E3.3

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**3a. Employs the concept of alignment (e.g., gymnastics, dance & yoga).** S2.E4.3A

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**3b. Employs the concept of muscular tension with balance (e.g., gymnastics, dance & yoga).** S2.E4.3B

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**3. Applies simple strategies and tactics in both chasing & fleeing activities.** S2.E5.3

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

**3a. Student charts participation in physical activities outside physical education class.** S3.E1.3A

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

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

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**3b. Engaged in MVPA 50% of class time.** S3.E2.3B

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

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

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

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

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

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

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

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

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

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**3b. Praises others for their success in movement performance.** S4.E4.3B

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

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

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Recognizes the value of physical activity for health, enjoyment, challenge, self-

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

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

**expression and/or social interaction.**

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

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