Arizona Physical Education

Grade 3

Adopted 2015

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- **a. Leaps using mature pattern.** S1.E1.3.A
- **a. Travels showing differentiation between sprinting and running.** S1.E2.3.A
- **a. Jumps and lands in the horizontal & vertical planes using a mature pattern.** S1.E3.3.A
- **a. Performs teacher-selected and developmentally appropriate dance steps and movement pattern.** S1.E4.3.A
- **a. Performs a sequence of locomotor skills, transitioning from one skill to another smoothly and without hesitation.** S1.E5.3.A
- **a. Balances on different bases of support, demonstrating muscular tension and extension of free body parts.** S1.E6.3.A
- **a. Transfers weight from feet to hands for momentary weight support.** S1.E7.3.A
- **a. Moves into and out of gymnastics balances with curling, twisting and stretching actions.** S1.E8.3.A
- **a. Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance.** S1.E9.3.A
- **a. Throws underhand to a partner or target with reasonable accuracy.** S1.E10.3.A
- **a. Throws overhand, demonstrating 3 of the 5 critical elements of a mature pattern, in non-dynamic environments (closed skills), for distance and/or force.** S1.E11.3.A
- **a. Catches a gently tossed hand-size ball from a partner, demonstrating 4 of the 5 critical elements of mature pattern.** S1.E13.3.A
- **a. Dribbles and travels in general space at slow to moderate jogging speed with control of ball and body.** S1.E14.3.A
- **a. Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.** S1.E15.3.A

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	a. Passes & receives ball with the insides of the feet to a stationary partner, "giving" on reception before returning the pass. S1.E16.3.A
	a. Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each. Uses a continuous running approach and kicks a stationary ball for accuracy. S1.E18.3.A
	a. 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 4 of the 5 critical elements of a mature pattern. S1.E19.3.A
	a. Strikes an object with a short-handled implement sending it forward over a low net or to a wall. S1.E21.3.A
	b. Strikes an object with a short-handled implement while demonstrating 3 of the 5 critical elements of a mature pattern. S1.E21.3.B
	a. 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.E22.3.A
	a. Performs intermediate jump rope skills (e.g., a variety of tricks, running in & out of long rope) for both long and short ropes. S1.E24.3.A
The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	**a.** Recognizes the concept of open spaces in a movement context. S2.E1.3.A
	a. Recognizes locomotor skills specific to a wide variety of physical activities. S2.E2.3.A
	a. Combined movement concepts (direction, levels, force, time) with skills as directed by the teacher. S2.E3.3.A
	a. Employs the concept of alignment in gymnastics and dance. S2.E4.3.A
	b. Employs the concept of muscular tension with balance in gymnastics and dance. S2.E4.3.B
	a. Applies simple strategies & tactics in chasing activities. S2.E5.3.A
	b. Applies simple strategies in fleeing activities. S2.E5.3.B
The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitn	**a.** Charts participation in physical activities outside physical education class. S3.E1.3.A
	b. Identifies physical activity benefits as a way to become healthier. S3.E1.3.B
	a. Engages in the activities of physical education class with minimal teacher prompting. S3.E2.3.A

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	a. Describes the concept of fitness and provides examples of heart rate evaluation methods. S3.E3.3.A
	a. Recognizes the importance of warm-up & cool-down relative to vigorous physical activity. S3.E4.3.A
	a. Identifies the six components of skill related fitness (agility, balance, coordination, speed, reaction time, power). S3.E5.3-5.A
	a. Demonstrates, with teacher direction, the health-related fitness components. S3.E6.3.A
	a. Identifies foods that are beneficial for before and after physical activity. S3.E7.3.A
The physically literate individual exhibits responsible personal and social behavior that respects self and others.	**a.** Exhibits personal responsibility in teacher-directed activities. S4.E1.3.A
	a. Accepts and implements specific corrective feedback from the teacher. S4.E2.3.A
	a. Works cooperatively with others. S4.E3.3.A
	b. Praises others for their success in movement performance. S4.E3.3.B
	a. Recognizes the role of rules and etiquette in physical activity with peers. S4.E4.3.A
	a. Works independently and safely in physical activity settings. S4.E5.3.A
	a. Apply sun safe practices. S4.E6.3-5.A
	b. Identify appropriate water safety practices. S4.E6.3-5.B
The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	**a.** Discusses the relationship between physical activity and good health. S5.E1.3.A
	a. Discusses the challenge that comes from learning a new physical activity. S5.E2.3.A
	a. Reflects on the reasons for enjoying selected physical activities. S5.E3.3.A
	a. Describes the positive social interactions that come when engaged with others in physical activity. S5.E4.3.A