Colorado Physical Education

Grade 3

Movement Competence and Understanding 3.1

1 **Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports.** 3.1.1

- a Demonstrate changes of pathways, levels, forces, and direction with manipulatives. 3.1.1.A
- b Dribble while changing speed and direction. 3.1.1.B
- c Demonstrate throwing, catching, striking or trapping in an activity. 3.1.1.C
- d Demonstrate skills of chasing, fleeing, and dodging to avoid others. 3.1.1.D

2 **Perform cross lateral and rhythmic exercises that make a brain-body connection.** 3.1.2

- a Describe, create, and demonstrate movements that require crossing the midline. 3.1.2.A
- b Perform successfully a variety of jump-rope skills using both short and long ropes, and jump to various tempos. 3.1.2.B
- c Perform jumping, tossing, dribbling, or catching to music or rhythmic beat. 3.1.2.C
- d Perform a basic tinikling step to 3/4 time (close, tap, and tap). 3.1.2.D
- e Balance demonstrating momentary stillness in symmetrical and nonsymmetrical shapes on a variety of body parts. 3.1.2.E
- f Perform forward and backward rolls with variation. 3.1.2.F
- g Combine two or more rotational skills. 3.1.2.G

3 **Demonstrate understanding of how the use of self-assessment aids in skill development.** 3.1.3

- a Use self-feedback to identify strengths and weaknesses. 3.1.3.A
- b Use instructor or self-feedback to make adjustments that will improve performance. 3.1.3.B

Physical and Personal Wellness 3.2

1 **Identify the benefits of sustained physical activity that causes increased heart rate and heavy breathing.** 3.2.1

- a Explain why the body perspires, the heart beats faster and breathing increases when participating in moderate to vigorous physical activity. 3.2.1.A
- b Describe the relationship among the heart, lungs, muscles, blood, and oxygen during physical activity. 3.2.1.B

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c Identify several moderate to vigorous physical activities (formal or informal) that provide personal pleasure. 3.2.1.C

d Locate heart rate on at least two different pulse points on the body. 3.2.1.D

e Discuss how drinking an adequate amount of water before, during, and after physical activity keeps the body hydrated. 3.2.1.E

f Demonstrate the ability to understand the concept of pacing during cardiovascular endurance activity. 3.2.1.F

g Explain how the intensity and duration of exercise affect fuel use during physical activity. 3.2.1.G

2 Understand that the body is composed of water, muscle, bones, organs, fat, and other tissues. 3.2.2

a Identify the location of the lungs and heart. 3.2.2.A

b Identify muscles and fat. 3.2.2.B

c Feel your heart beat after moderate to vigorous physical activity. 3.2.2.C

d Compare heart rate before, during, and after exercise, and explain that increasing the heart rate during physical activity strengthens the heart muscles. 3.2.2.D

e Identify physical activities that cause the heart to beat faster. 3.2.2.E

Social Emotional Wellness 3.3

1 Demonstrate positive social behaviors during physical activity. 3.3.1

a Identify the positive behaviors of self and others. 3.3.1.A

b Congratulate teammates and opponents upon conclusion of a game or activity. 3.3.1.B

c Follow directions, activity-specific rules, procedures, and etiquette with few reminders 3.3.1.C

d Encourage others regularly, and refrain from put-down statements. 3.3.1.D

e Ask a partner to participate in a physical activity. 3.3.1.E

f Congratulate friends for performing a skill correctly. 3.3.1.F

Prevention and Risk Management 3.4

1 Identify ways to prevent injuries during physical activity. 3.4.1

a Recognize how injuries can occur during physical activity. 3.4.1.A

b Understand how activities can affect safety of self and others. 3.4.1.B