Connecticut Physical Education

Grade 3

Students will demonstrate competency in a variety of motor skills and movement patterns. 1

Locomotor

S1.E1 Jumping, hopping, galloping, running, sliding, skipping, and leaping S1.E1

E1.1.3 Demonstrates leaping using a mature pattern. E1.1.3

Nonlocomotor

Balance

E1.3.3 Demonstrates mature patterns in a variety of nonlocomotor skills (curling, stretching, twisting, and bending) while maintaining stationary and dynamic balance during developmentally appropriate tasks, activities, creative movement, and dance. E1.3.3

Weight transfer

E1.4.3 Demonstrates weight transfer in combination with movement concepts in a variety of developmentally appropriate tasks and activities, creative movement, dance, and gymnastics. E1.4.3

Manipulatives

Throwing

E1.5.3a Underhand throw: Demonstrates underhand throw to a partner or target with reasonable accuracy. E1.5.3A

E1.5.3b Overhand throw: Demonstrates overhand throw using three of the five critical elements of a mature pattern for accuracy, distance and or force. E1.5.3B

Catching

E1.6.3 Demonstrates catching using four of the five critical elements of a mature pattern. E1.6.3

Dribbling

E1.7.3a Dribbling with hands: Demonstrates Dribbling skills in general space using dominant and non-dominant hand while changing direction and speed with control of ball and body. E1.7.3A

E1.7.3b Dribbling with feet: Demonstrates dribbling skills in general space while changing direction and speed with control of ball and body. E1.7.3B

Kicking

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E1.8.3 Demonstrates a continuous running approach to kick a moving ball for distance and/or accuracy. E1.8.3

Volleying

E1.9.3a Demonstrates underhand volleying with one or two hands sending it forward over a net to a wall or over a line to a partner while demonstrating four of the five critical elements of a mature pattern. E1.9.3A

E1.9.3b Demonstrates overhead volleying with one or two hands sending it forward over a net to a wall or over a line to a partner while demonstrating four of the five critical elements of a mature pattern. E1.9.3B

Striking

E1.10.3 Demonstrates striking with a short or long handled implement while demonstrating three of the five critical elements of a mature pattern (grip, stance, body orientation, swing plane and follow through) E1.10.3

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2

Movement Concepts

S2.E1 Space S2.E1

S2.E1.3 Demonstrates the ability to recognize the concept of open spaces in a movement context. S2.E1.3

Pathways, Shapes, Levels

S2.E2.3 Demonstrates combinations of shapes, levels, and pathways into complex sequences in travel, dance and gymnastics with a peer, partner or in small groups. S2.E2.3

Speed, Direction, Force

S2.E3.3 Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher. S2.E3.3

Strategies and Tactics

S2.E4.3 Demonstrates application of simple strategies and tactics in chasing and fleeing activities. S2.E4.3

Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

Physical Activity Knowledge

S3.E1 Physical activity knowledge S3.E1

S3.E1.3a Demonstrates the ability to chart participation in physical activities outside physical education class. S3.E1.3A

S3.E1.3b Demonstrates the ability to identify physical activity to become healthier. S3.E1.3B

Engages in Physical Activity

S3.E2 Engages in physical activity S3.E2

S3.E2.3 Demonstrates the ability to engage in physical education class activities without teacher prompting. S3.E2.3

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tness Knowledge

S3.E3 Fitness knowledge S3.E3

S3.E3.3 Demonstrates the ability to describe the concept of fitness and provides examples of physical activity to enhance fitness. S3.E3.3

S3.E4 Fitness knowledge S3.E4

S3.E4.3 Demonstrates the ability to recognize the importance of warm-up and cool-down relative to vigorous physical activity. S3.E4.3

Assessment and Program Planning

S3.E5 Assessment and program planning S3.E5

S3.E5.3 Demonstrates the ability to identify, the health-related fitness components with teacher direction. S3.E5.3

Nutrition

S3.E6 Nutrition S3.E6

S3.E6.3 Demonstrates the ability to identify foods that are beneficial for before and after physical activity. S3.E6.3

Students will exhibit responsible personal and social behavior that respects self and others. 4

Personal Responsibility

S4.E1 Personal responsibility S4.E1

S4. E1.3 Demonstrates the ability to exhibit personal responsibility in teacher-directed activities. S4. E1.3

S4.E2 Personal responsibility S4.E2

S4.E2.3 Demonstrates the ability to work independently for extended periods of time. S4.E2.3

Accepting Feedback

S4.E3 Accepting feedback S4.E3

S4.E3.3 Demonstrates the ability to accept and implement specific corrective feedback from the teacher. S4.E3.3

Working with Others

S4.E4 Working with others S4.E4

S4.E4.3a Demonstrates the ability to work cooperatively with others. S4.E4.3A

S4.E4.3b Demonstrates the ability to praise others for their success in movement performance. S4.E4.3B

Rules and Etiquette

S4.E5 Rules and etiquette S4.E5

S4.E5.3 Demonstrates the ability to recognize the role of rules and etiquette in physical activity with peers. S4.E5.3

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Safety

S4.E6 Safety S4.E6

S4.E6.3 Demonstrates the ability to work independently and safely in physical activity settings. S4.E6.3

Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction. 5

Health

S5.E1 Health S5.E1

S5.E1.3 Demonstrates the ability to discuss the relationship between physical activity and good health. S5.E1.3

Challenge

S5.E2 Challenge S5.E2

S5.E2.3 Demonstrates the ability to discuss the challenge that comes with learning a new physical activity. S5.E2.3

Self-Expression and Enjoyment

S5.E3 Self-expression and Enjoyment S5.E3

S5.E3.3 Demonstrates the ability to reflect on the reasons for enjoying selected physical activities. S5.E3.3

Social Interaction

S5.E4 Social Interaction S5.E4

S5.E4.3 Demonstrates the ability to describe the positive social interactions that come when engaged with others in physical activities. S5.E4.3