

# Grades 3, 4, 5

Adopted 2005

**Movement Forms — Use motor skills and movement patterns to perform a variety of physical activities**

## **Fundamental Skills**

1. Use locomotor and non-locomotor skills in a mature (proper) form [PE.3-5.1.1](#)
  2. Use manipulative skills in a mature (proper) form [PE.3-5.1.2](#)
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## **Modified/Lead-Up Games and Activities**

3. Use combinations of mature (proper) movement forms, including locomotor, non-locomotor, and manipulative skills [PE.3-5.1.3](#)
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**Cognitive Concepts — Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities**

## **Modified/Lead-Up Games and Activities**

1. Apply movement tactics in simple and modified activities [PE.3-5.2.1](#)
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## **Safety and Play Etiquette**

2. Identify procedures for safe participation in physical activities [PE.3-5.2.2](#)
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**Active Lifestyle — Participate regularly in physical activity**

## **Individual, Dual, and Lifetime Activities**

1. Participate regularly in physical activities that contribute to an active lifestyle and bring personal enjoyment [PE.3-5.3.1](#)
  2. Describe health-related benefits of regular participation in physical activities [PE.3-5.3.2](#)
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**Physical Fitness — Know ways to achieve and maintain a health-enhancing level of physical fitness**

## **Fitness and Conditioning-Related Activities**

1. Identify the components of health-related physical fitness [PE.3-5.4.1](#)
2. Use appropriate methods to monitor physiological changes before, during, and after physical activity [PE.3-5.4.2](#)
3. Describe ways in which moderate to vigorous physical activities can improve the health-related components of fitness [PE.3-5.4.3](#)