

Grades 3-5

Develops a variety of motor skills: Through learning experiences in physical education, the student develops motor skills across a variety of environments. Motor skills are a foundational part of child development and support the movements of everyday life. The development of motor skills contributes to an individual's physical literacy journey [1](#)

- 1** Combines varied locomotor skills in a variety of practice tasks. [1.5.1](#)

- 2** Demonstrates transferring weight from feet to hands and hands to feet in a non-dynamic environment. [1.5.2](#)

- 3** Demonstrates rolling with the body in a non-dynamic environment. [1.5.3](#)

- 4** Combines jumping/landing, rolling, balancing and transfer of weight from feet to hands in a non-dynamic environment. [1.5.4](#)

- 5** Combines locomotor, non-locomotor and manipulative movements based on a variety of dance forms. [1.5.5](#)

- 6** Demonstrates jumping rope in a variety of practice tasks. [1.5.6](#)

- 7** Demonstrates jumping and landing in a non-dynamic environment. [1.5.7](#)

- 8** Demonstrates balancing on different body parts in a non-dynamic environment. [1.5.8](#)

- 9** Demonstrates rolling a ball in a non-dynamic environment. [1.5.9](#)

- 10** Demonstrates throwing and catching in a variety of practice tasks. [1.5.10](#)

- 11** Demonstrates striking with a short-handled and long-handled implement in a variety of practice tasks. [1.5.11](#)

- 12** Demonstrates striking with hands above and below the waist in a variety of practice tasks. [1.5.12](#)

- 13** Demonstrates serving an object in a non-dynamic environment., [1.5.13](#)

- 14** Demonstrates sending and receiving an object in a variety of practice tasks. [1.5.14](#)

- 15** Demonstrates kicking a ball using the instep in a variety of practice tasks. [1.5.15](#)

- 16** Demonstrates dribbling with hands in non-dynamic and dynamic practice tasks. [1.5.16](#)

- 17** Demonstrates dribbling with feet in a variety of practice tasks. [1.5.17](#)

18 Combines manipulative skills and traveling for execution to a target in a variety of practice tasks. 1.5.18

19 Demonstrates water safety and basic swimming skills on dryland or in water. 1.5.19

Applies knowledge related to movement and fitness concepts: Through learning experiences in physical education, the student uses their knowledge of movement concepts, tactics and strategies across a variety of environments. This knowledge helps the student become a more versatile and efficient mover. Additionally, the student applies knowledge of health-related and skill-related fitness to enhance their overall well-being. The application of knowledge related to various forms of movement contributes to an individual's physical literacy journey 2

1 Applies movement concepts and strategies for safe movement within dynamic environments. 2.5.1

2 Demonstrates knowledge of offensive and defensive strategies in small-sided invasion practice tasks. 2.5.2

3 Demonstrates knowledge of appropriate movement concepts for efficient performance of manipulative skills. 2.5.3

4 Demonstrates problem solving strategies in a variety of games/activities. 2.5.4

5 Applies movement concepts to different types of dances, gymnastics, rhythms and individual performance activities. 2.5.5

6 Defines and provides examples of movement activities for developing the health-related fitness components. 2.5.6

7 Establishes goals related to enhancing fitness development. 2.5.7

8 Defines and explains how to implement the frequency, intensity, time and type (FITT) Principle for skill or fitness development. 2.5.8

9 Defines and provides examples of movement activities for developing the skill-related fitness components. 2.5.9

10 Identifies the need for warm-up and cool-down relative to various physical activities. 2.5.10

11 Identifies location of pulse and provides examples of activities that increase heart rate. 2.5.11

12 Explains the benefits of physical activity. 2.5.12

13 Recognizes and explains how physical activity influences physiological changes in their body. 2.5.13

14 Recognizes the critical elements that contribute to proper execution of a skill. 2.5.14

15 Identifies technology tools that support physical activity goals. 2.5.15

16 Describes the impact of food and hydration choices on physical activity. 2.5.16

17 Demonstrates knowledge of water safety skills. Demonstrates knowledge of basic swimming skills. 2.5.17

Develops social skills through movement:
Through learning experiences in physical education, students develop the social skills necessary to exhibit empathy and respect for others and foster and maintain relationships. In addition, students develop skills for communication, leadership, cultural awareness and conflict resolution in a variety of physical activity settings. 3

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- 1 Describes the perspective of others during a variety of activities.** 3.5.1
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- 2 Uses communication skills to negotiate roles and responsibilities in a physical activity setting.** 3.5.2
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- 3 Demonstrates respectful behaviors that contribute to positive social interaction in group activities.** 3.5.3
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- 4 Demonstrates safe behaviors independently with limited reminders.** 3.5.4
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- 5 Solves problems independently, with partners and in small groups.** 3.5.5
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- 6 Makes choices that are fair according to activity etiquette.** 3.5.6
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- 7 Describes and participates in physical activities that represent a variety of cultures around the world.** 3.5.7
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Develops personal skills, identifies personal benefits of movement and chooses to engage in physical activity 4

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- 1 Explains how preferred physical activities meet the need for personal self-expression.** 4.5.1
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- 2 Explains how preferred physical activities meet the need for social interaction.** 4.5.2
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- 3 Describes how movement positively affects personal health.** 4.5.3
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- 4 Explains the rationale for one's choices related to physical activity based on personal interests.** 4.5.4
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- 5 Recognizes group challenges through movement (e.g., peer interaction, cooperation, communication).** 4.5.5
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- 6 Sets observable long-term goals.** 4.5.6
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- 7 Identifies movement strengths and opportunities for practice for individual improvement.** 4.5.7
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- 8 Identifies physical activity opportunities outside of physical education class.** 4.5.8
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- 9 Recognizes personally effective techniques that assist with managing one's emotions and behaviors in a physical activity setting.** 4.5.9
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- 10 Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful.** 4.5.10
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