

Third Grade

Demonstrate competency in a variety of motor skills and movement patterns.

Locomotor

- 1 Perform, alone and with others, a variety of locomotor movements at different levels and in different pathways and directions, with and without equipment. [3.1.L1](#)

Non-Locomotor

- 1 Apply non-locomotor skills in various activities using different body parts, shapes and levels, with and without equipment. [3.1.NL1](#)

Body Management

- 1 Perform a variety of controlled transitions in movement, with and without equipment. [3.1.BM1](#)
- 2 Transfer weight to different body parts for momentary weight support. [3.1.BM2](#)

Manipulative Skills

- 1 Demonstrate manipulative skills using a variety of objects with a partner by demonstrating appropriate performance cues [3.1.MS1](#)

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Space

- 1 Apply the concepts of general and personal space to movement. [3.2.SP1](#)

Speed, Direction and Force

- 1 Apply the movement concepts of speed and force in a variety of activities. [3.2.SD1](#)

Strategy

- 1 Apply simple strategies and tactics in a variety of activities [3.2.ST1](#)

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge

- 1 Describe the benefits of participating in physical activity every day. [3.3.PA1](#)

Physical Fitness Knowledge

- 1 Discuss strategies for using skills learned in physical education in a variety of settings to meet physical activity guidelines [3.3.PF1](#)
- 2 Identify the components of health related fitness [3.3.PF2](#)

Nutrition

- 1 Identify a variety of nutritious food choices from each food group that will help balance the body before and after physical activity. 3.3.N1

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Social Interactions/Working with Others

- 1 Work cooperatively and communicate positively with others in physical education, regardless of skill level. 3.4.SW1

Rules and Etiquette

- 1 Recognize and follow the established rules, protocols and etiquette in physical education. 3.4.RE1

Safety

- 1 Follow teacher directions for safe participation and proper use of equipment, independently and with others. 3.4.SA1

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- 1 Explain the health benefits of participating in physical activity. 3.5.H1

Challenge

- 1 Discuss the challenge that comes with learning new activities. 3.5.C1

Self-Expression and Enjoyment

- 1 Explain how physical activities are enjoyable. 3.5.SE1

Social Interaction

- 1 Explain how physical activity provides opportunity for social interaction. 3.5.SI1

Advocacy

- 1 Encourage peers to be physically active. 3.5.A1