Louisiana Physical Education

Grade 3

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Combined skills Combine locomotor and non-locomotor skills into movement patterns.

1. Perform a sequence of movements with a beginning, middle and end 1.3-1.1
2. Jump rope demonstrating a variety of footwork skills 1.3-1.2
3. Balance on different bases of support and on apparatus demonstrating different levels, shapes and patterns 1.3-1.3
4. Perform teacher-selected and developmentally appropriate dance steps and movement patterns 1.3-1.4

Application of skills Apply the critical elements of fundamental manipulative skills in a variety of physical activities.

1. Throw overhand with force using appropriate critical elements 1.3-2.1
2. Catch a variety of objects in dynamic conditions using the critical elements 1.3-2.2
3. Strike an object with an implement using the critical elements 1.3-2.3
4. Kick a ball with the inside of the foot to a target using the critical elements 1.3-2.4
5. Dribble and maintain control while moving through space using the critical elements 1.3-2.5
6. Send an object to a target using critical elements in a stable environment 1.3-2.6

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Strategies and tactics Demonstrate knowledge of movement concepts related to body, space, effort and relationships.

1. Modify movement to meet the demands of a task 2.3-1.1
2. Explain how the characteristics of an object affect performance of manipulative skills 2.3-1.2
3. Recognize offensive and defensive situations 2.3-1.3
4. Identify the choices to make to score a goal or point 2.3-1.4

Principles and critical elements Demonstrate knowledge of critical elements for more complex motor skills.

1. Describe the critical elements of the manipulative skills and activity-specific skills 2.3-2.1

   Explain how appropriate practice improves performance. 2.3-2.2

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The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical activity knowledge Evaluate level of physical activity Healthy habits in relation to physical activity Describes current level of physical activity & identifies additional physical activity opportunities to create calorie balance

1. Identify school, home and community physical activity opportunities to meet physical activity guidelines 3.3-1.1
2. Track physical activity minutes inside and outside of school to determine progress toward daily recommendation 3.3-1.2
3. Identifies foods that are beneficial before and after physical activity 3.3-1.3

Health-related fitness knowledge Cardiovascular endurance Musculoskeletal fitness Flexibility Planning (FITT and other principles) Understand the principles, components and practices of health- related physical fitness to maintain or improve one's level of fitness.

1. Describes the concept of fitness and provides examples of heart rate evaluation methods 3.3-2.1
2. Assess heart rate during physical activity and exercise 3.3-2.2
3. Identify activities to improve muscular strength and endurance in the core area 3.3-2.3
4. Recognize the importance of warm-up and cool- down activities 3.3-2.4
5. Analyze the results of a fitness assessment to determine areas in a healthy fitness zone (HFZ) 3.3-2.5
6. Identify the frequency and type of exercise in relationship to the FITT principle 3.3-2.6

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Self-direction Safety Understand the purpose of and apply appropriate rules, procedures and safe practices in physical activity settings.

1. Exhibits personal responsibility in teacher-directed physical activities 4.3-1.1
2. Identify and follow equipment-specific safety rules 4.3-1.2

Cooperation Respect Resolving conflict Interact and communicate positively with others.

1. Work cooperatively with a partner or small group during class activities 4.3-2.1
2. Cooperate with a partner or small group by taking turns and sharing equipment while participating in physical activities 4.3-2.2
3. Demonstrate acceptance of skill and ability of others through verbal and non-verbal behavior during activities 4.3-2.3
4. Demonstrate cooperation with others when resolving conflict during game play and sharing equipment 4.3-2.4

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The physical literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Health reasons to be physically active Identifies multiple, specific health benefits as a reason to value physical activity.

1. Discuss the relationship between physical activity and good health 5.3-1.1

Values physical activity through various means Expresses multiple, specific reasons (enjoyment, challenge, social) to participate in physical activity.

1. Identify reasons for enjoying a selected physical activity 5.3-2.1
2. Verbalizes the positive and negative aspects related to learning a new physical activity 5.3-2.2
3. Describes the positive social interactions that come when engaged with others in physical activity 5.3-2.3