Maine Health and Physical Education

Physical Education: Grade 3

Motor Skills and Movement Patterns: Physically literate students demonstrate competency in a variety of motor skills and movement patterns. PE.1

Locomotor Skills

1 Demonstrates mature patterns of locomotor skills 1.1

Non-locomotor Skills:

1 Demonstrates mature use of non-locomotor skills. 1.2

Locomotor Non-locomotor Combination Skills

1 Performs teacher-selected and developmentally appropriate dance steps and /or movement patterns. 1.3

Manipulative Skills

1 Demonstrates critical elements of basic manipulative skills. 1.4

Concepts and Strategies: Physically literate students apply knowledge of concepts, principles, strategies and tactics related to movement and performance. PE.2

Movement Concepts

1 Utilizes basic motor movements and manipulative skills during activity and games. 2.1

Strategies and Tactics

1 Demonstrates basic strategies and tactics for modified activities and games. 2.2

Fitness Education: Physically literate students demonstrate the knowledge and skills to plan, execute, self-monitor, achieve, and maintain a health-enhancing level of physical activity and/or fitness. PE.3

Health-Related Fitness and Exercise.

1 Participates in exercises and/or activities and identifies muscle groups or body systems targeted. 3.1

Skill-Related Fitness and Training

1 Participates in exercises and/or activities and identifies the skill-related fitness component(s) targeted. 3.2

Training Principles for Fitness and Sport

1 Participates in workouts and identifies exercise and/or activities in each part of the workout. 3.3

Health-related and/or sport training and/or fitness plan

Uses movement or sport skills to create a simple workout that includes a warm-up, workout, and cool-down. 3.4

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	Fitness, Sport, and Technology	
	1	Uses teacher-directed video-resources or apps to engage in fitness activities and/or skill-practice. 3.5
	Physical Activity, Community,	
	1	Participates actively in physical activities at recess. 3.6
Responsible Personal and Social Behavior: Physically literate students exhibit responsible personal and social behavior that respects self and others. PE.4	**Personal Responsibility**	
	1	Uses self-control to demonstrate personal responsibility and respect for self and others. 4.1
	Working with others	
	1	Demonstrates cooperation and communication skills to achieve common goals. Explains the importance of working productively with others. 4.2
	Rules, Etiquette, and Safety	
	1	Uses safe practices when engaging in physical education activities with little or no prompting. 4.3
Recognition of the Value of Physical Activity: Physically literate students recognize the value of physical activity for health, enjoyment, challenge, self-expression, and /or social interaction. PE.5	**Health**	
	1	Discusses the relationship between physical activity and health. 5.1
	Challenge	
	1	Describes how practice develops confidence in challenging physical activities 5.2
	Self-expression and Enjoyment	
	1	Identifies physical activities that provide opportunities for self-expression. 5.3
	Social Interaction	
	1	Describes how physical activities can promote positive social interactions 5.4