

# Grade 3

Adopted 2013

**Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.**

**Begin to use locomotor and non-locomotor skills to perform rhythmic activities.**

**Demonstrate an intermediate form of manipulative skills.**

**Perform fundamental movement skills in a variety of settings.**

**Apply manipulative skills to accomplish the objective of the activity.**

**Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.**

**Adapt body movements according to particular obstacles.**

**Understand how appropriate practice improves performance.**

**Improve performance by participating in new and difficult tasks.**

**Participates regularly in physical activity.**

**Engage in moderate to vigorous physical activities.**

**Explain the importance of a physically active lifestyle.**

**Achieve and maintain a health-enhancing level of physical fitness.**

**Maintain aerobic physical activity (i.e., continuous training, circuit training, etc.) for a specific time frame.**

**Identify the importance of leading a healthy lifestyle.**

**Associate specific physical activities with the components of health-related fitness (muscular strength, muscular endurance, flexibility, body composition, and aerobic fitness).**

**Exhibit responsible personal and social behavior that respect self and others in physical activity settings.**

**Apply rules, procedures, and safety principles to any type of physical activity.**

**Work with others to obtain the common goal of an activity.**

**Respect the limitations and abilities of themselves and others during physical activity.**

**Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

**Assist peers to achieve success in physical activity settings.**