Nebraska Physical Education

Grade 3

Adopted 2016

Physical Activity Skills and Movement Patterns PE.3.1

1. **Performs locomotor skills in a variety of environments.** PE.3.1.1
   a. Leaps using a mature pattern. PE.3.1.1.A
   b. Differentiates between sprinting and running. PE.3.1.1.B
   c. Jumps horizontally and lands from a stationary position using a mature pattern. PE.3.1.1.C
   d. Jumps vertically and lands from a stationary position using a mature pattern. PE.3.1.1.D
   e. Performs teacher-selected and developmentally appropriate dance steps. PE.3.1.1.E
   f. Performs a sequence of locomotor skills smoothly. PE.3.1.1.F

2. **Performs non-locomotor skills in a variety of environments.** PE.3.1.2
   a. Balances on different bases of support, combining levels and shapes. PE.3.1.2.A
   b. Transfers weight from feet to hands for momentary weight support. PE.3.1.2.B
   c. Rolls in a variety of shapes, levels, and directions. PE.3.1.2.C
   d. Transitions from one balance to another with curling, stretching, twisting, and bending actions. PE.3.1.2.D
   e. Combines locomotor and non-locomotor skills and movement concepts (e.g., levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance individually. PE.3.1.2.E
   f. Combines balance and weight transfers with movement concepts to create and perform a dance. PE.3.1.2.F

3. **Performs manipulative skills in a variety of environments.** PE.3.1.3
   a. Throws underhand to a partner or target using a mature pattern. PE.3.1.3.A
   b. Demonstrates 3 of 5 critical elements of an overhand throw in a non-dynamic environment for distance and/or force. PE.3.1.3.B
   c. Passes to a stationary partner, at various distances. PE.3.1.3.C
   d. Catches a tossed ball from a partner demonstrating 4 of 5 critical elements. PE.3.1.3.D
   e. Dribbles, with preferred hand, and travels in general space, at slow to moderate jogging speed, with control of ball and body. PE.3.1.3.E

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f. Dribbles with feet in general space at slow to moderate jogging speed with control of ball and body. PE.3.1.3.F

g. Receives a ball from a stationary partner, cushioning on reception before returning the pass. PE.3.1.3.G

h. Performs a continuous running approach and kicks a ball along the ground demonstrating 4 of 5 critical elements. PE.3.1.3.H

i. Performs a continuous running approach and kicks a ball in the air, demonstrating 4 of 5 critical elements. PE.3.1.3.I

j. Kicks a stationary ball for accuracy using a continuous running approach. PE.3.1.3.J

k. Punts a ball demonstrating 4 of 5 critical elements. PE.3.1.3.K

l. Volleys an object with an underhand or a sidearm striking pattern, sending it forward over a net, to the wall, or over a line to a partner, demonstrating 4 of 5 critical elements. PE.3.1.3.L

m. Volleys a lightweight object with a two-hand overhead pattern, sending it upward, demonstrating 3 of 5 critical elements. PE.3.1.3.M

n. Strikes an object with a short-handled implement (e.g., racquet, paddle) sending it forward over a low net or to a wall, demonstrating 3 of 5 critical elements. PE.3.1.3.N

o. Strikes an object with a long-handled implement, sending it forward using proper grip (e.g., hockey stick, bat, golf club). PE.3.1.3.O

p. Strikes a pitched ball with a bat using 3 of 5 critical elements. PE.3.1.3.P

q. Combines traveling with dribbling, throwing, catching, and striking in teacher-designed practice tasks. PE.3.1.3.Q

r. Performs a variety of skills for long and short ropes. PE.3.1.3.R

s. Moves in and out of a turning long rope. PE.3.1.3.S

Movement Concepts, Strategies, and Tactics PE.3.2

1. **Demonstrates knowledge of movement concepts in a variety of environments.** PE.3.2.1

   a. Recognizes the concept of open space in a movement context. PE.3.2.1.A

   b. Demonstrates pathways (e.g., straight, curved, zigzag), shapes, and levels, using locomotor skills in a variety of practice tasks. PE.3.2.1.B

   c. Combines speed, direction, and force with skills. PE.3.2.1.C

   d. Employs the concept of alignment in tumbling and dance. PE.3.2.1.D

   e. Employs the concept of muscular tension with balance in tumbling and dance. PE.3.2.1.E

2. **Applies knowledge of strategies and tactics in a variety of environments.** PE.3.2.2

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   a. Performs simple strategies and tactics in chasing and fleeing activities. PE.3.2.2.A

b. Charts participation in physical activities outside physical education class. PE.3.2.2.B

Health-Related Physical Activity and Fitness PE.3.3

1. **Demonstrates the knowledge to achieve and maintain a health-enhancing level of physical activity.** PE.3.3.1
   a. Identifies benefits of physical activity to enhance health. PE.3.3.1.A
2. **Engages in physical activity.** PE.3.3.2
   a. Engages in physical activity in physical education class with teacher prompting. PE.3.3.2.A
3. **Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.** PE.3.3.3
   a. Describes the concept of fitness and provides examples of physical activity to enhance fitness. PE.3.3.3.A
   b. Recognizes the importance of warm-up and cool-down for vigorous physical activity. PE.3.3.3.B
4. **Communicates the importance of health-related fitness components and nutrition for physical activity.** PE.3.3.4
   a. Demonstrates, with teacher direction, the health-related fitness components (e.g., push-up, curl-up, trunk lift, sit and reach). PE.3.3.4.A
   b. Identifies foods that are beneficial before and after physical activity. PE.3.3.4.B

Responsible Behavior PE.3.4

1. **Exhibits personal responsibility in physical activity settings.** PE.3.4.1
   a. Exhibits personal responsibility in teacher-directed activities. PE.3.4.1.A
   b. Works independently for extended periods of time. PE.3.4.1.B
2. **Accepts and responds to specific corrective feedback from teacher and peers.** PE.3.4.2
   a. Accepts and implements positive corrective feedback from the teacher. PE.3.4.2.A
3. **Exhibits responsible social behavior when working with others.** PE.3.4.3
   a. Works cooperatively with others. PE.3.4.3.A
   b. Praises others for their success in movement performance. PE.3.4.3.B
4. **Follows rules and demonstrates proper etiquette.** PE.3.4.4
   a. Practices adherence to rules and etiquette in physical activity with peers. PE.3.4.4.A
5. **Participates safely in physical activities.** PE.3.4.5
   a. Works independently and safely in physical activity settings. PE.3.4.5.A

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Physical Activity Benefits PE.3.5

1. **Recognizes the benefits of physical activity for health.** PE.3.5.1
   a. Discusses the relationship between physical activity and good health. PE.3.5.1.A

2. **Recognizes the benefits of physical activity for challenge.** PE.3.5.2
   a. Discusses the challenges of learning a new physical activity. PE.3.5.2.A

3. **Recognizes the benefits of physical activity for self-expression and enjoyment.** PE.3.5.3
   a. Reflects on the reasons for enjoying selected physical activities. PE.3.5.3.A

4. **Recognizes the benefits of physical activity for social interaction.** PE.3.5.4
   a. Describes the positive social interactions when engaged with others in physical activity. PE.3.5.4.A