

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
 - 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
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**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
 - 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

**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