Nevada Physical Education

Grades 3, 4, 5

Adopted 2014

Demonstrate competency in motor skills, movement patterns and safety needed to perform a variety of physical activities.

Locomotor and Nonlocomotor Movement

1. Utilize locomotor and nonlocomotor movements in physical activities. 1.5.1

Manipulative Skills

2. Perform manipulative skills in simple combinations. 1.5.2

Motor Skills and Movement Patterns

3. Perform simple and moderate motor skills and movement patterns. 1.5.3

Safety

4. Demonstrate safe practices while participating in physical activities. 1.5.4

Apply knowledge of concepts, principles and strategies related to movement, performance and safety within physical activities.

Concepts and Principles

1. Recognize critical elements of movement skills. 2.5.1

Strategies

2. Explain strategies within physical activities. 2.5.2

Safety

3. Explain the importance of safety rules and procedures for self and others in physical activities. 2.5.3

Participate regularly in physical activity.

Moderate to Vigorous Physical Activity

1. Participate in a variety of moderate to vigorous physical activities. 3.5.1

Establishing Healthy Activity Patterns and Values

2. Demonstrate healthy activity patterns by participating in physical activity. 3.5.2

Self-Management Skills

3. Demonstrate opportunities at school for regular participation in physical activities. 3.5.3

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ealth-related Fitness Components

1. Participate in various physical activities utilizing the health related fitness components. 4.5.1

Physiological Effects & Benefits of Physical Fitness

2. Explain the long-term benefits of participation in physical activity. 4.5.2