New Mexico Physical Education

Grades 3, 4

Adopted 2009

Demonstrates competency in many movement forms and proficiency in a few movement forms. Students will:

1: Demonstrate competency in selected motor skills:

1. Demonstrate mature form in all locomotor patterns;
2. While traveling, avoid or catch an object or individual; and
3. Develop patterns and combinations of movements into repeatable sequences.

2: Demonstrate competency in selected non-motor patterns:

1. Transfer weight from feet to hands using controlled movement;
2. Balance with control on a variety of objects; and
3. Develop and refine a gymnastics sequence demonstrating smooth transitions.

3: Demonstrate competency in selected skills utilizing age-appropriate equipment:

1. Travel into and out of a rope turned by others;
2. Hand-dribble and foot-dribble a ball and maintain control while traveling within a group;
3. Throw, catch and kick using mature motor patterns; and
4. Strike a softly-thrown lightweight ball using a bat, paddle or a variety of body parts.

Applies movement concepts and principles to the learning and development of motor skills. Students will:

1: Demonstrate concepts of body, effort, space and relationships in movement:

1. Design and perform movement sequences that combine traveling, balancing and weight transfer into smooth sequences with intentional changes in direction (i.e., gymnastics, dance, etc.); and
2. Consistently receive and send an object in an intended direction and height.

2: Demonstrate motor skills, motor behaviors and motor learning concepts in increasingly complex movement situations:

1. Adapt motor skills to the demands of a dynamic and unpredictable environment;
2. Identify ways movement concepts can be used to refine movement skills; and
3. Explain how appropriate practice improves performance.

3: Demonstrate critical elements of fundamental and specialized movement skills:

1. Repeat cue words for selected motor skills and demonstrate/explain what is meant by each;

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2. Refine movement errors in response to positive information and corrective information feedback;
3. Demonstrate the application of critical cues in selected motor skills; and
4. Accurately recognize critical elements of selected skills made by a fellow student and provide positive information and corrective information feedback to that student.

Exhibits knowledge and ability to participate in a physically active lifestyle. Students will:

1: Select and participate regularly in health-related physical activities for enjoyment:

1. Participate in moderate to vigorous physical activity outside of physical education most days of the week; and
2. Use information from a variety of sources, internal and external, to regulate their activity participation;

2: Identify the benefits gained from regular physical activity:

1. Describe how participation in physical activity affects health.

Achieves and maintains a health-enhancing level of physical fitness. Students will:

1: Match different types of physical activities with health-related physical fitness components:

1. Select activities designed to improve and maintain levels of fitness in each component of health-related fitness.

2: Participate in moderate to vigorous physical activities in a variety of settings:

1. Participate in a variety of physical activities in order to improve each component of health-related fitness.

3: Begin to interpret the results and demonstrate understanding of the significance of information provided by measures of physical fitness.

1. Explain the relationship of body weight, body composition and participation in regular physical activity; and
2. Develop strategies to show progress towards at least one personal fitness goal as determined by health-related fitness assessments.

Demonstrates responsible personal and social behavior in physical activity settings. Students will:

1: Utilize safety principles in physical activity settings:

1. Recognize importance of equipment placement and usage during physical education class; and
2. Initiate the appropriate use of space in game and activity settings.

2: Work cooperatively and productively with a partner or small group:

1. Work productively with a partner to improve selected motor skills by using the critical elements of the process; and
2. Demonstrate the ability to teach an activity or skill to a group of classmates;

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	3: Recognize the influence of peer pressure and identify ways of resolving conflict: 1. Identify and avoid the negative influence of peers.
	4: Work independently and on-task for short periods of time: 1. Honestly report the results of independent work.
	5: Recognize classroom and activity rules; grades K-4 performance standards: 1. Consistently comply with the physical education classroom rules to ensure the physical and emotional safety for all; 2. Distinguish between compliance and non-compliance with game rules and fair play; and 3. Accept consequences of personal choices.
Demonstrates understanding and respect for differences among people in physical activity settings. Students will:	**1: Explore cultural/ethnic self-awareness through participation in physical activity:** 1. Articulate cultural/ethnic self awareness through written, oral or physical expression.
	2: Recognize the talents that individuals with differences can bring to group activities: 1. Recognize and value the role of each individual in a small group.
	3: Experience differences and similarities among people of different backgrounds by participating in activities of national, cultural and ethnic origins: 1. Demonstrate the ability to successfully work in a variety of cultural or ethnic activities.
	4: Recognize how the media, particularly advertising, influences the perception of ideal body types: 1. Differentiate between body type presented in the media and own healthy body type; and 2. Identify lifestyle factors that can be controlled and their impact on health and wellness.
Understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction. Students will:	**1: Identify physical activities that are enjoyable:** 1. Explain the enjoyable characteristics of small group physical activities.
	2: Practice physical activities to increase skills: 1. Willingly try new activities; and 2. Voluntarily initiate skill practice to improve performance.
	Demonstrate interaction with others while participating in physical activities: 2. Cooperate and share with partners in physical activities;

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1. Celebrate personal successes and achievements and those of others; and
2. Interact with others by helping them successfully complete their small-group physical activity challenges.

4: Use physical activity as a measure of self-expression:

1. Design a movement sequence/game that includes all members of the group in the success of the activity.