

Grade 3

Demonstrates competency in a variety of motor skills and movement patterns. 1

Sports Skills and Games

- 1 Demonstrates, in isolation, mature patterns of locomotor, non-locomotor, and manipulative skills in a variety of physical activities. 1.1.3

Dance, Movement, and Rhythmic Activities

- 2 Demonstrates, in isolation, mature patterns of locomotor, non-locomotor, and manipulative skills in dance, movement, and rhythmic activities. 1.2.3

Fitness Activities

- 3 Demonstrates, in isolation, mature patterns of locomotor, non-locomotor, and manipulative movement skills. 1.3.3

Lifetime Activities

- 4 Demonstrates, in isolation, mature patterns of locomotor, non-locomotor, and manipulative movement skills in a variety of physical activities. 1.4.3

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2

Movement Concepts

- 1 Demonstrates movement concepts in a variety of physical activities. 2.1.3

Strategies and Tactics

- 2 Identifies emerging forms of simple strategies, tactics, and communication techniques in chasing/fleeing activities. 2.2.3

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

Fitness Planning

- 1 Identifies the components of health-related fitness.

Additional Health-Enhancing Behaviors

- 2 Explains how health-enhancing behaviors influence overall wellness.

Exhibits responsible personal and social behavior that respects self and others. 4

Self-awareness and management

- 1 Demonstrates responsible personal behavior with minimal teaching prompts in physical activity settings. 4.1.3

Social awareness and relationship skills

- 2 Demonstrates cooperative and inclusive behaviors with others in physical activity settings. 4.2.3

Responsible decision making

- 3 Demonstrates strategies to reinforce positive decisions in physical activity settings. 4.3.3

Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression. 5

Overall Wellness

- 1 Identifies the relationship between physical activity and overall wellness. 5.1.3

Challenge

- 2 Demonstrates growth in challenging physical activity skills in order to build confidence. 5.2.3

Self-Expression/Enjoyment

- 3 Identifies the reasons for enjoyment in self-selected physical activities. 5.3.3

Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness. 6

Personal and Community Resources

- 1 Describes how to utilize personal and community resources to participate in physical activity. 6.1.3

Careers

- 2 The outcomes for 6.2. begin in grade 6. 6.2.3