North Carolina Physical Education

Third Grade

Motor Skills

1 **Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.** 3.MS.1

1 Demonstrate combinations of locomotor skills (walk, run, jump, hop, skip, gallop, leap, slide) with maturing form and smooth transitions. PE.3.MS.1.1

2 Demonstrate maturing form of a variety of manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking) using different pathways, levels, or directions. PE.3.MS.1.2

3 Demonstrate combinations of locomotor and manipulative skills with emerging form. PE.3.MS.1.3

4 Demonstrate rhythmic sequences with smooth transitions. PE.3.MS.1.4

Movement Concepts

2 **Demonstrate understanding of concepts that apply to the learning and performance of movement.** 3.MC.2

1 Demonstrate combinations of the movement concepts of direction, levels, force, and time with skills as directed by the teacher. PE.3.MC.2.1

2 Demonstrate understanding of the critical elements of manipulative skills through successful performance. PE.3.MC.2.2

3 Use evaluative tools to demonstrate understanding of successful skill performance. PE.3.MC.2.3

Health-Related Fitness

3 **Demonstrate the knowledge and skills needed to achieve a health-enhancing level of physical activity and fitness.** 3.HF.3

1 Identify four or more of the five health-related fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition) and their associated exercises. PE.3.HF.3.1

2 Demonstrate understanding of physical activity as a way to become healthier. PE.3.HF.3.2

3 Develop personal goals to improve one or more of the health-related fitness components. PE.3.HF.3.3

Personal/Social Responsibility

4 **Demonstrate responsible personal and social behavior that respects self and others.** 3.PR.4

Demonstrate personal and social responsibility in a variety of class environments. PE.3.PR.4.1

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2 Demonstrate understanding of the positive social interactions that come when engaged with others in physical activity. PE.3.PR.4.2

3 Demonstrate independent and safe practices when engaging in various physical activities. PE.3.PR.4.3