

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
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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
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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
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Personal/Social Responsibility

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

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

- 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](#)