Oklahoma Physical Education

Grade 3

Adopted 2016

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

3. **Leaps using a mature pattern.** S1.E1.3
3. **Travels showing differentiation (pacing) between jogging and sprinting.** S1.E2.3
3. **Jumps and lands in the horizontal plane using a mature pattern.** S1.E3.3
3. **Jumps and lands in the vertical plane using a mature pattern.** S1.E4.3
3. **Performs teacher-selected and developmentally appropriate dance steps in movement patterns.** S1.E5.3
3. **Performs a sequence of locomotor skills transitioning from one skill to another smoothly and without hesitation.** S1.E6.3
3. **Balances on different bases of support demonstrating muscular tension and extensions of free body parts.** S1.E7.3
3. **Transfers weight from feet to hands for momentary weight support.** S1.E8.3
3. **Applies skills.** S1.E9.3
3. **Moves into and out of gymnastic balances with twisting, curling, and stretching actions.** S1.E10.3
3. **Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance.** S1.E11.3
3. **Developmentally appropriate/emerging outcomes first appear in grade three.** S1.E12.3
3. **Throws underhand and overhand to a partner or target with reasonable accuracy. Demonstrates three of the five critical elements in non-dynamic environments for distance and force.** S1.E13.3
3. **Developmentally appropriate/emerging outcomes first appear in grade four.** S1.E14.3
3. **Catches a gently tossed hand-sized ball or object from a partner while demonstrating four of the five critical elements of a mature pattern.** S1.E15.3

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	3. Dribbles and travels in general space at a slow to moderate speed with control of ball and body. S1.E16.3
	3. Dribbles with the feet in general space at slow to moderate jogging speed with control of the ball and body. S1.E17.3
	3. Passes and receives the ball with the insides of the feet to a stationary partner, "giving" on reception before returning the pass. S1.E18.3
	3. Developmentally appropriate/emerging outcomes first appear in grade four. S1.E19.3
	3a. Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air demonstrating four of the five critical elements of a mature pattern for each skill. S1.E20.3A
	3b. Uses a continuous running approach and kicks a stationary ball for accuracy. S1.E20.3B
	3. Volleys an object with an underhand or sidearm striking pattern, sending it forward over a net, to the wall or over a line to a partner, while demonstrating four of the five critical elements of a mature pattern (face target, opposite foot forward, flat surface with hand for contact of the ball, contact with the ball, follow through). S1.E21.3
	3. Developmentally appropriate/emerging outcomes first appear in grade four. S1.E22.3
	3a. Strikes an object with a short-handled implement sending it forward over a low net or to a wall. S1.E23.3A
	3b. Strikes an object with a short-handled implement while demonstrating three of the five critical elements of a mature pattern. S1.E23.3B
	3. Strikes a ball with a long-handled implement (e.g., hockey stick, bat, golf club) sending it forward while using proper grip for the implement. S1.E24.3
	3. Developmentally appropriate/emerging outcomes first appear in grade four. S1.E25.3
	3. Performs intermediate jump rope skills (e.g., a variety of tricks, running in and out of long rope) for both long and short ropes. S1.E26.3
Applies knowledge of concepts, principles, strategies and tactics related to movement an	**3.** Recognizes the concept of open spaces and a movement context. S2.E1.3
	3. Recognizes locomotor skills specific to a wide variety of physical activities. S2.E2.3

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	3. Combines movement concepts (direction, levels, force, time) with skills directed by the teacher. S2.E3.3
	3a. Employs the concept of alignment (e.g., gymnastics, dance & yoga). S2.E4.3A
	3b. Employs the concept of muscular tension with balance (e.g., gymnastics, dance & yoga). S2.E4.3B
	3. Applies simple strategies and tactics in both chasing & fleeing activities. S2.E5.3
Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	**3a.** Student charts participation in physical activities outside physical education class. S3.E1.3A
	3b. Identifies physical activity benefits as a way to become healthier. S3.E1.3B
	3a. Engages in the activities of physical education class without teacher prompting. S3.E2.3A
	3b. Engaged in MVPA 50% of class time. S3.E2.3B
	3. Describes the concept of fitness and provides examples of physical activity to enhance fitness. S3.E3.3
	3. Recognizes the importance of warm up and cool down relative to vigorous physical activity. S3.E4.3
	3. Demonstrates, with teacher direction, the health-related fitness components. S3.E5.3
	3. Identifies foods that are beneficial for before and after physical activity. S3.E6.3
Exhibits responsible personal and social behavior that respects self and others.	**3.** Exhibits personal responsibility in teacher directed activities. S4.E1.3
	3. Works independently for extended periods of time. S4.E2.3
	3. Accepts and implements specific corrective feedback from the teacher. S4.E3.3
	3a. Works cooperatively with others. S4.E4.3A
	3b. Praises others for their success in movement performance. S4.E4.3B
	3. Recognizes the role of rules and etiquette in physical activity with peers. S4.E5.3
	3. Works independently and safely in physical activity settings. S4.E6.3
Recognizes the value of ph[illegible] he[illegible] ch[illegible]	**3.** Discusses the relationship between physical activity and good health. S5.E1.3
	Discusses the challenge that comes from learning a new physical activity. S5.E2.3

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expression and/or social interaction.	**3.** **Reflects on the reasons for enjoying selected physical activities.** S5.E3.3
	3. **Describes the positive social interactions that come when engages with others in physical activity.** S5.E4.3