Tennessee Physical Education

Grade 3

Adopted 2016

Motor Skills

1. **Hop (one foot), gallop, slide, skip** MS.1
   3. Combines at least two locomotor skills with smooth transition. MS.1.3

2. **Jog, run** MS.2
   3. Travels showing differentiation of speeds (e.g. Increase/decrease speed as moving). MS.2.3

3. **Jump & land for distance (horizontal)** MS.3
   a. Leaps using a mature pattern. MS.3.3.A
   b. Jumps and lands using a mature pattern of one and two foot takeoffs and landings (e.g., 2-2, 1-2, 2-1; hopscotch, dance, gymnastics). MS.3.3.B

4. **Jump & land for height (vertical)** MS.4
   3. Jumps using a mature pattern. MS.4.3

5. **Dance** MS.5
   3. Performs a simple teacher- and/or student-designed rhythmic activity. MS.5.3

6. **Balance** MS.6
   a. Maintains stillness on various bases of support demonstrating muscular tension and extensions of free body parts. MS.6.3.A
   b. Balances in an inverted position with stillness and supportive base. MS.6.3.B

7. **Weight Transfer & Rolling (OPTIONAL)** MS.7
   a. Transfers weight from feet to hands for momentary weight support. MS.7.3.A
   b. Rolls forward and sideways using tight muscles and proper body alignment. MS.7.3.B

8. **Combinations (optional)** MS.8
   3. Performs a 3-part sequence of balance-weight transfer/roll-balance. MS.8.3

9. **Underhand Throw** MS.9
   a. Rolls a ball using a mature pattern. MS.9.3.A
   b. Throws underhand to a partner or target with appropriate force. MS.9.3.B

Skip to main content

10. **Overhand Throw** MS.10

    3. Throws overhand for distance or force demonstrating side to target, arm back, and stepping with opposition. MS.10.3

11. **Catching** MS.11

    3. Catches overhand (at or above chest) using a mature pattern (from partner). MS.11.3

12. **Passing & Receiving with implements** MS.12

    3. Passing and receiving with a partner while stationary with appropriate force. MS.12.3

13. **Dribbling with hands** MS.13

    3. Dribbles with preferred hand while jogging with control of the ball and body. MS.13.3

14. **Dribbling with feet** MS.14

    3. Dribbles with feet while jogging, keeping control of the ball and body. MS.14.3

15. **Kicking (force or distance)** MS.15

    3. Kicks a ball at intended levels with a running approach. MS.15.3

16. **Passing & Receiving with feet** MS.16

    3. Passes and receives a ball with the insides of the feet to a stationary partner, "giving" on reception. MS.16.3

17. **Striking with hand(s)** MS.17

    3. Strikes an object with underhand or sidearm pattern over a net/line, to the wall, or to a partner. MS.17.3

18. **Striking, short implement** MS.18

    3. Strikes an object with a short-handled implement sending it forward using an underhand pattern with accuracy. MS.18.3

19. **Striking, long implement** MS.19

    3. Strikes an object with a long-handled implement (e.g., bat, hockey stick, golf club) sending it forward and using proper grip. MS.19.3

20. **Jumping Rope** MS.20

    a. Performs intermediate jump rope skills for both short and long ropes. MS.20.3.A

    b. Turns a long rope correctly. MS.20.3.B

Mc Ap

Skip to main content

Space Awareness (location) MKA.1

a. Recognizes the concept of open space. MKA.1.3.A

b. Applies the concept of open space while moving. MKA.1.3.B

2. **Space Awareness (pathways, levels, directions** MKA.2

a. Recognizes clockwise and counter-clockwise directions. MKA.2.3.A

b. Combines levels, directions, and pathways into simple travel, dance, and gymnastic sequences. MKA.2.3.B

3. **Effort: speed and force** MKA.3

a. Recognizes the need for varied speeds and forces within movement. MKA.3.3.A

b. Applies speeds or forces with throwing and kicking. MKA.3.3.B

4. **Relationships (body shapes, with objects, with people)** MKA.4

a. Differentiates relationships with people (mirror/matching, leading/following). MKA.4.3.A

b. Demonstrates relationships with people (mirror/matching, leading/following). MKA.4.3.B

5. **Movement Principles (base of support, muscle tension, ready position)** MKA.5

a. Recognizes the need for ready position. MKA.5.3.A

b. Applies concept of ready position to increase stability and prepare for movement. MKA.5.3.B

6. **Performance Cues** MKA.6

3. Identifies errors of a skill. MKA.6.3

7. **Simple Strategies** MKA.7

3. Recognizes a variety of simple strategies in game-like activities. MKA.7.3

Fitness & Physical Activity (FPA)

1. **Health-related Fitness** FPA.1

3. Describes the physiological indicators that accompany moderate to vigorous physical activity. FPA.1.3

2. **Physical Activity** FPA.2

3. Recognizes the benefits of physical activity that contribute to a healthy lifestyle. FPA.2.3

Personal & Social Responsibility (PSR)

1. **Personal Responsibility** PSR.1

3. Works independently and stays on-task. PSR.1.3

2. **Feedback** PSR.2

3. Implements specific teacher feedback. PSR.2.3

Skip to main content

Working with others PSR.3

3. Resolves conflict in socially acceptable ways. PSR.3.3

4. Procedures & Rules PSR.4

3. Encourages others to follow procedures and rules to provide a productive learning environment. PSR.4.3

5. Safety PSR.5

3. Recognizes potential safety issues for self and others. PSR.5.3

Values Physical Activity (VPA)

1. Appreciation VPA.1

3. Reflects on reasons for participation in specific physical activities outside of physical education class. VPA.1.3

2. Challenge VPA.2

3. Identifies personal strengths and weaknesses in physical activities. VPA.2.3