Grade 3

Motor Development and Coordination

Children develop strength, coordination, and control of their large or gross muscles.

1 Solve simple movement challenges in a group, and increasingly more complex challenges

2 Select an appropriate piece of equipment to be challenged yet successful at a task

3 Adjust own movement to work successfully with a partner

4 Identify body parts, their actions when describing a movement (including muscle groups), and an awareness of the relationship of body parts

5 Demonstrating competency in the mature form of a leap, alternating the leading foot

6 Solve more complex movement challenges with others, including apply space concepts in simple games and other activities.

7 Demonstrate balancing with control on a variety of equipment, and an understanding of static and dynamic balance.

8 Demonstrate an understanding of how the body creates and absorbs force

9 Demonstrate contrast between fast, medium and slow movement, incorporation of a variety of equipment with rhythmic movements and patterns, and develop a movement sequence that incorporates a change in tempo

Children develop strength, eye-hand coordination, and control of their small or fine motor muscles.

1 Manipulate grade-appropriate tools and intricate materials with control and precision (e.g., cut and handle small pieces of paper to make a mosaic, keyboarding skills)

2 Move writing and drawing tools more quickly and accurately across page

Health and Safety Practices

Children develop healthy eating habits and knowledge of good nutrition.

1 Choose a variety of healthy foods in appropriate portions

2 Identify and classify foods, including recommended amounts to eat

3 Identify major nutrients supplied by food groups necessary for growth and maintenance of a healthy body and mind

Children develop personal health and self-care habits, and become increasingly dependent.

Define, apply, and assess the four health-related fitness components

Skip to main content

2 Identify additional physiological effects of the different levels of exercise

3 Identify a wide range of activities and benefits associated with the four health-related fitness components.

4 Identify personal strengths and weaknesses

5 Select a challenging but attainable physical activity goal and continue towards goal by working with a partner when initially unsuccessful.

6 Demonstrate a basic understanding of how culture, media, peers, family, and other factors influence healthy behaviors with assistance

7 Demonstrate the ability to set personal goals to enhance health with assistance

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Children develop the ability to identify unsafe situations, and use safe practices.

1 Practice personal and group safety by applying class rules, procedures, and practices

2 Demonstrate responsibility for applying personal and group safety during play

3 Practice fair play by using socially appropriate behavior and accepting decisions of the person in charge

4 Use appropriate responses to harassment, bullying, intimidation or abuse