Washington Health and Physical Education

Physical: Grade 3

Adopted 2016

Students will demonstrate competency in a variety of motor skills and movement patterns.

1. **Locomotor**
   a. Demonstrate mature pattern in locomotor skills in isolation (leap, jump, and land in a horizontal plane, and jump and land in a vertical plane). PE1.1.3.A
   b. Apply mature pattern in locomotor skills in a variety of activities. PE1.1.3.B

2. **Nonlocomotor**
   3. Apply mature pattern in nonlocomotor skills in a variety of activities. PE1.2.3

3. **Balance**
   3. Demonstrate static and dynamic balance in a variety of activities. PE1.3.3

4. **Weight Transfer**
   3. Demonstrate weight transfer from feet to hands for momentary weight support. PE1.4.3

5. **Rhythm**
   3. Demonstrate rhythmic skills in a teacher- or student-designed activity. PE1.5.3

6. **Underhand Throw**
   a. Demonstrate mature pattern in an underhand throw at varying distances. PE1.6.3.A
   b. Demonstrate mature pattern in an underhand throw to a partner or target with reasonable accuracy. PE1.6.3.B

7. **Overhand Throw**
   3. Demonstrate mature pattern in an overhand throw. PE1.7.3

8. **Catch**
   a. Demonstrate mature pattern while catching at different levels in a static environment. PE1.8.3.A
   b. Demonstrate mature pattern while catching a gently tossed hand-sized ball from a partner. PE1.8.3.B

9. **Hand Dribble**

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a. Demonstrate mature pattern while hand-dribbling continuously in general space with preferred hand. PE1.9.3.A

b. Demonstrate mature pattern while hand-dribbling in self-space with non-preferred hand. PE1.9.3.B

10. Foot Pass/Kick

a. Demonstrate mature pattern while passing and kicking along the ground with the inside of the foot to a target or stationary partner. PE1.10.3.A

b. Demonstrate emerging pattern while passing and kicking a ball in the air. PE1.10.3.B

c. Demonstrate emerging pattern while punting in isolation. PE1.10.3.C

11. Foot Trap/Receive

3. Demonstrate mature pattern while receiving with the foot when stationary. PE1.11.3

12. Foot Dribble

3. Demonstrate mature pattern while foot-dribbling at a slow to moderate jogging speed. PE1.12.3

13. Strike/Volley, Hands and Arms

3. Demonstrate emerging pattern while striking an object underhand or sidearm, sending it upward and forward. PE1.13.3

14. Strike, Short Implement

3. Demonstrate emerging pattern while striking an object with a short-handled implement, sending it forward. PE1.14.3

15. Strike, Long Implement

a. Demonstrate emerging pattern while striking a ball tossed by a skilled thrower with a bat. PE1.15.3.A

b. Demonstrate mature pattern while striking an object with a long-handled implement to a target. PE1.15.3.B

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

1. Space

3. Demonstrate the concept of moving to open space and reducing open space. PE2.1.3

2. Pathways, Levels, and Relationships

3. Demonstrate concepts of pathways, levels, and relationships in a variety of activities. PE2.2.3

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Speed, Direction, and Force

a. Demonstrate concepts of speed, direction, and force in a variety of activities. PE2.3.3.A

b. Demonstrate concepts of speed, direction, and force using a manipulative. PE2.3.3.B

4. Strategies

3. Understand concepts of offense and defense in a variety of activities. PE2.4.3

Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

1. Benefit of Physical Activity

3. Identify risks associated with physical inactivity. PE3.1.3

2. Engagement in Physical Activity

3. Actively engage in physical education class. PE3.2.3

3. Health-Related Fitness

3. Describe components of health-related fitness (cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, body composition). PE3.3.3

5. Fitness Assessment

3. Demonstrate proper form in fitness assessments. PE3.5.3

6. Engagement in Fitness Activities

3. Participate in developmentally appropriate activities to improve overall fitness. PE3.6.3

7. Body Systems

3. Describe connections between muscular and skeletal systems. PE3.7.3

8. Nutrition

a. Create a balanced meal. PE3.8.3.A

b. List six nutrients (carbohydrates, fats, proteins, vitamins, minerals, water). PE3.8.3.B

c. Understand relationship between caloric intake and expenditure. PE3.8.3.C

Students will exhibit responsible personal and social behavior that respects self and others.

1. Personal Responsibility

3. Participate independently for extended periods. PE4.1.3

2. Rules and Etiquette

3. Understand role of etiquette in physical activities. PE4.2.3

3. Receiving and Providing Feedback

3. Provide feedback respectfully to peers. PE4.3.3

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4. **Working with Others**
    a. Demonstrate working cooperatively with others. PE4.4.3.A
    b. Apply conflict resolution skills. PE4.4.3.B
5. **Safety**
    3. Apply safety principles in physical activities (with self, with peers, with equipment). PE4.5.3

Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

1. **Challenge**
    3. Describe how practice develops confidence in challenging physical activities. PE5.1.3
2. **Self-Expression and Enjoyment**
    3. Identify physical activities that provide opportunities for self-expression. PE5.2.3
3. **Social Interaction**
    3. Describe how physical activities can promote positive social interactions. PE5.3.3