

# Grade 3

## Development of Motor Skills/Movement Form

- 16 Throw an object in an underhand and overhand method. WE.3.16

---

- 17 Catch a moving object. WE.3.17

---

- 18 Dribble a ball with hands from a stationary and a moving position. WE.3.18

---

- 19 Direct an object to a target (e.g., kick, roll, throw, and strike). WE.3.19

---

- 20 Jump to an established rhythm continuously. WE.3.20

---

- 21 Perform simple sequences in time to music. WE.3.21

---

- 22 Continuously strike an object (e.g., balloon with hand, ball with foot). WE.3.22

---

- 23 Demonstrate strategies for chasing, fleeing, and evading. WE.3.23

## Physical Fitness

- 24 Practice proper form when performing the following muscular strength and endurance exercises (e.g., curl up, sit up, plank, push up). WE.3.24

---

- 25 Practice proper form when developing flexibility (e.g., trunk lift, sit and reach, shoulder stretch). WE.3.25

---

- 26 Practice proper pacing technique when running for various periods of time or distance (e.g., sprint, jog, mile-run). WE.3.26

---

- 27 Demonstrate a procedure for monitoring heart rate. WE.3.27

---

- 28 Distinguish between physical activities that are moderate-to-vigorous in intensity. WE.3.28

---

- 29 Identify personally enjoyable physical activities. WE.3.29

---

- 30 Explain the benefits of different kinds of fitness (e.g., cardiovascular endurance, muscular strength and endurance, flexibility, and body composition) and demonstrate exercises/activities for each. WE.3.30

---

- 31 Explore the components of the F.I.T.T. Principle: Frequency, Intensity, Time, and Type. WE.3.31

## Responsible Personal and Social Behaviors

- 32 Work cooperatively, productively, and safely with a partner or small group. WE.3.32

---

**33 Use specific feedback to improve performance.** WE.3.33

---

**34 Explain the importance of rules and etiquette in physical activities.** WE.3.34