

# Grades 3, 4, 5

Adopted 2014

**Movement:** The physically literate individual demonstrates competency and applies knowledge of a variety of movement skills, movement patterns, concepts, principles, and strategies/tactics as they apply to the learning and performance of physical activities.

1. Students combine locomotor and body control skills into movement patterns. PE 5.1.1
2. Students demonstrate a combination of body control skills. PE 5.1.2
3. Students apply fundamental manipulative skills in a variety of physical activities. PE 5.1.3
4. Students demonstrate and apply basic tactics and principles of movement. PE 5.1.4
5. Students explain critical elements of locomotor skills. PE 5.1.5
6. Students explain critical elements of body control skills. PE 5.1.6
7. Students explain critical elements of fundamental manipulative skills. PE 5.1.7
8. Students explain basic tactics and principles of movement. PE 5.1.8

**Fitness:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

1. Students assess current levels of personal health-related fitness. PE 5.2.1
2. Students define the health benefits of physical activity. PE 5.2.2
3. Students explain the principles, components, and practices of health-related fitness. PE 5.2.3
4. Students engage in a variety of physical activities that will enhance health-related fitness (inside and/or outside of school). PE 5.2.4
5. Students recognize valid characteristics of fitness-related products technology and resources. PE 5.2.5

**Personal and Social Behavior:** The physically literate individual exhibits responsible personal and social behavior that respects self and others and recognizes the value of

1. Students understand the purpose of and apply appropriate rules, procedures, and safe practices in physical activity setting. PE 5.3.1
2. Students interact and communicate positively with others. PE 5.3.2
3. Students participate in and explain physical activities that promote self-challenge and enjoyment. PE 5.3.3

**physical activity for challenge, self-expression, and/or social interaction.**

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- 4. Students participate in physical activities that promote self-expression and social and group interaction. PE 5.3.4**