

# Grade 3

Adopted 2009

## Skill Development

1. Demonstrate correct form while skipping in general space.
2. Demonstrate ball control while dribbling with the hand or foot in a stationary position and while traveling within a group.
3. Demonstrate skills that require crossing the midline of the body, including hitting a ball off a tee and throwing a ball overhand.
4. Use the correct grip while consistently striking a softly thrown ball with a bat or paddle.
5. Demonstrate long-rope jumping skills by traveling in and out of a long rope without hesitation and executing consecutive jumps.
6. Perform rhythmic movement skills of folk, line, and aerobic dances, including incorporating combinations of locomotor skills and partner mixing.
7. Demonstrate supporting, lifting, and controlling body weight by transitioning in and out of balanced positions with control.
8. Apply combinations of complex locomotor and manipulative skills by chasing, tagging, dodging, and fleeing.

## Cognitive Development

9. Describe how stability affects skill execution while participating in physical activity.
10. Utilize a variety of locomotor and manipulative skills to create new, or modify existing, games.

## Social Development

11. Display good sportsmanship.
12. Apply problem-solving, conflict-resolution, and teamwork strategies to cooperative and group challenges in physical education settings.
13. Utilize the cooperative skills of listening, discussing, leading, following, and sacrificing individual wants for the good of the group in physical activity settings.

**Physical Activity and Health**

**14.** Describe how the blood supplies oxygen and nutrients to the body.