

Grades 3, 4, 5

Adopted 2014

Demonstrate competency in motor skills, movement patterns and safety needed to perform a variety of physical activities.

Locomotor and Nonlocomotor Movement

1. Utilize locomotor and nonlocomotor movements in physical activities. [1.5.1](#)
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Manipulative Skills

2. Perform manipulative skills in simple combinations. [1.5.2](#)
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Motor Skills and Movement Patterns

3. Perform simple and moderate motor skills and movement patterns. [1.5.3](#)
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Safety

4. Demonstrate safe practices while participating in physical activities. [1.5.4](#)
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Apply knowledge of concepts, principles and strategies related to movement, performance and safety within physical activities.

Concepts and Principles

1. Recognize critical elements of movement skills. [2.5.1](#)
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Strategies

2. Explain strategies within physical activities. [2.5.2](#)
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Safety

3. Explain the importance of safety rules and procedures for self and others in physical activities. [2.5.3](#)
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Participate regularly in physical activity.

Moderate to Vigorous Physical Activity

1. Participate in a variety of moderate to vigorous physical activities. [3.5.1](#)
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Establishing Healthy Activity Patterns and Values

2. Demonstrate healthy activity patterns by participating in physical activity. [3.5.2](#)
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Self-Management Skills

3. Demonstrate opportunities at school for regular participation in physical activities. [3.5.3](#)
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Achieves and maintains a health-enhancing level of physical fitness

Health-related Fitness Components

1. Participate in various physical activities utilizing the health related fitness components. 4.5.1
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Physiological Effects & Benefits of Physical Fitness

2. Explain the long-term benefits of participation in physical activity. 4.5.2