

# 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](#)

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## 2. Nonlocomotor

3. Apply mature pattern in nonlocomotor skills in a variety of activities. [PE1.2.3](#)

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## 3. Balance

3. Demonstrate static and dynamic balance in a variety of activities. [PE1.3.3](#)

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## 4. Weight Transfer

3. Demonstrate weight transfer from feet to hands for momentary weight support. [PE1.4.3](#)

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## 5. Rhythm

3. Demonstrate rhythmic skills in a teacher- or student-designed activity. [PE1.5.3](#)

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## 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](#)

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## 7. Overhand Throw

3. Demonstrate mature pattern in an overhand throw. [PE1.7.3](#)

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## 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](#)

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## 9. Hand Dribble

- 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

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## 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

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## 11. Foot Trap/Receive

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

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## 12. Foot Dribble

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

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## 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

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## 14. Strike, Short Implement

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

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## 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

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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

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### 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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### 3. 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](#)
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### 4. Strategies

- 3. Understand concepts of offense and defense in a variety of activities. [PE2.4.3](#)
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**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](#)
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### 2. Engagement in Physical Activity

- 3. Actively engage in physical education class. [PE3.2.3](#)
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### 3. Health-Related Fitness

- 3. Describe components of health-related fitness (cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, body composition). [PE3.3.3](#)
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### 5. Fitness Assessment

- 3. Demonstrate proper form in fitness assessments. [PE3.5.3](#)
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### 6. Engagement in Fitness Activities

- 3. Participate in developmentally appropriate activities to improve overall fitness. [PE3.6.3](#)
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### 7. Body Systems

- 3. Describe connections between muscular and skeletal systems. [PE3.7.3](#)
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### 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](#)
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**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](#)
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### 2. Rules and Etiquette

- 3. Understand role of etiquette in physical activities. [PE4.2.3](#)

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### 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

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### 5. Safety

- 3. Apply safety principles in physical activities (with self, with peers, with equipment). PE4.5.3

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**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

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### 2. Self-Expression and Enjoyment

- 3. Identify physical activities that provide opportunities for self-expression. PE5.2.3

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### 3. Social Interaction

- 3. Describe how physical activities can promote positive social interactions. PE5.3.3